



TERIYAKI GRILLED PORK

with Loaded Rice



HELLO CHINESE LEAF

Chinese leaf is actually an old variety of cabbage originating from Japan.



Teriyaki Pork Steak



Steamed Lime & Coriander Basmati Rice



Chopped Chinese Leaf



Sesame Seeds



Rice Vinegar



Spring Onion

Quick, easy to prep and packed with punchy flavour, our 15-minute teriyaki pork recipe is a go-to for busy evenings. Our pork steaks are pre-marinated in a delicious teriyaki sauce to save you time in the kitchen - so all you're left to do is pop them under the grill for a few minutes on each side. We've 'loaded' the rice with stir-fried Chinese leaf - a type of cabbage that originally comes from the Beijing region of China - which works brilliantly with the Asian-inspired flavours in this dish. Top with crunchy sesame seeds and fresh spring onion and you're good to go.

15 mins

Rapid recipe

GET **PREPARED!**

Preheat your Grill to High.

BEFORE YOU START

Preheat your **Grill** to **High**. Wash the veggies. Make sure you've got some **Foil**, a **Large Baking Tray** and **Large Frying Pan**. Let's start cooking the **Teriyaki Grilled Pork with Loaded Rice**.



1 GET GRILLING

- Line a baking tray with foil and place the **pork steaks** in the centre, topped with any excess **sauce** from the packet.
- Once hot, grill the **pork** for 6 mins on each side. **IMPORTANT:** *The pork is cooked when it is no longer pink in the middle.*



2 COOK THE GREENS

- Meanwhile, trim the **spring onion** then slice thinly.
- Cook the **rice** according to pack instructions.
- Heat a drizzle of **oil** in a large frying pan on high heat and once hot, add the **Chinese leaf**. Cook until lightly charred and softening, stirring often, 3 mins.



3 ADD THE RICE

- Reduce the heat to medium and add the cooked **rice** (breaking up any lumps with a spoon) and **half** the **sesame seeds** to the pan and fry together, another 2 mins.
- Add the **rice vinegar** to the pan, let sizzle for 30 seconds, stir and taste.
- Season with **salt** and **pepper** if necessary and remove from the heat.



4 SLICE THE PORK

- Once cooked, remove the **pork** from the grill and transfer to a chopping board.
- Cut each **pork steak** into four or five slices.



5 SERVE UP

- Divide the **loaded rice** between bowls and top with the **pork slices**.



6 FINITO!

- Pour any **juices** from the tray over the **pork** then sprinkle the **spring onion** and **sesame seeds** on top. Time to tuck in!

ENJOY!

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Teriyaki Pork Steak *	2	3	4
Steamed Lime & Coriander Basmati Rice	1 pack	1½ packs	2 packs
Chopped Chinese Leaf*	1 pack	1½ packs	2 packs
Sesame Seeds 3)	1 small sachet	¾ large sachet	1 large sachet
Rice Vinegar *	1 sachet	1½ sachets	2 sachets
Spring Onion *	1	2	2

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 330G	PER 100G
Energy (kJ/kcal)	2042 / 488	619 / 148
Fat (g)	27	8
Sat. Fat (g)	9	3
Carbohydrate (g)	34	10
Sugars (g)	4	1
Protein (g)	26	8
Salt (g)	2.54	0.77

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

- Sesame

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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