

# TERIYAKI PORK RICE BOWL

with Crunchy Salad





#### **HELLO SPRING ONION**

Spring Onions are also referred to as Scallions and are actually baby onions which, if left to mature, would turn into full onions!







**Spring Onion** 





Baby Gem Lettuce



Rice Vinegar







Sesame Seeds



Basmati Rice

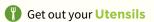
15 mins





Normally, marinating meat takes hours! But our delicious teriyaki pork is pre-marinated by our lovely suppliers so you can have dinner on the table in 15 mins! And who doesn't love teriyaki? Especially when it's served with a deliciously fresh salad dressed in Chef Lizzy's special rice vinegar dressing. Enjoy!





Teriyaki Pork Rice Bowl with Crunchy Salad

Get out your Utensils. Wash the veggies. Make sure you've got Large Frying Pan and Peeler. Let's start cooking the



### **COOK THE PORK**

- a) Heat a drizzle of oil in a large frying pan or wok on high heat. Chop the **pork** into 2cm and equipment after handling raw meat.
- b) Add to the pan, lower the heat slightly and fry, stirring occasionally, until browned and cooked through, 7-9 mins. \*TIP: Adjust the heat if needed to make sure the pork doesn't burn - you want it nice and browned though! **(1) IMPORTANT:** The pork is cooked when no longer pink in the middle.



- a) Meanwhile, trim the spring onion and slice thinly.
- b) Trim the root from the baby gem **lettuce** then half lengthways. Thinly slice widthways.
- c) Trim the carrot. Use a vegetable peeler to peel long ribbons from all sides of the length of the carrot.



### 3 MAKE THE SALAD

- a) Pop the **baby gem** and **carrot** in a bowl.
- **b)** Add the **rice vingar** and a pinch of **salt**, sugar and pepper.
- c) Toss to coat and set aside.



#### Basmati Rice

\*Not Included \* Store in the Fridge

Teriyaki Pork Steak

Baby Gem Lettuce

Soy Sauce 11) 13)

Sesame Seeds 3)

Steamed Coconut

**Spring Onion** 

Rice Vinegar

Carrrot

Honey

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 390G	PER 100G
Energy (kcal)	580	149
(kJ)	2425	623
Fat (g)	29	8
Sat. Fat (g)	11	3
Carbohydrate (g)	47	12
Sugars (g)	14	4
Protein (g)	31	8
Salt (g)	4.22	1.08

**INGREDIENTS** 

2

1

1

sachet

1

sachet

1

sachet

1 small

bag

1 pack

3

2

11/2

11/2

11/2

sachets

1½

sachets

11/2

sachets

1 large

bag

1½ packs 2 packs

4

3

2

2

2

sachets

2

sachets

sachets

2 small

bags

Nutrition for uncooked ingredients based on 2 person recipe.

#### **ALLERGENS**

3) Sesame 11) Soya 13) Gluten



## 4 SAUCE IT UP

- a) In a small bowl, combine the soy sauce, **honey** and 1 tbsp water per person.
- b) When the pork has 2 mins left, reduce the heat slightly, stir in half the spring onions, half the sesame seeds and all the sauce.
- c) Bubble until glossy.



### 5 COOK THE RICE

a) Meanwhile, cook the rice according to pack instructions.

### 6 SERVE

- a) Serve the **rice** in bowls. Arrange the crunchy salad on one side and the teriyaki **pork** on the other.
- b) Finish by sprinkling the remaining spring onion and sesame seeds all over.!

**ENJOY!** 

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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