

Sticky Hoisin Glazed Pork Steaks

with Sriracha Mayo, Zesty Rice and Sesame Seeds

Quick 25 Minutes • **Medium Spice** • 1 of your 5 a day



Spring Onion



Lime



Garlic Clove



Green Beans



Hoisin Sauce



Honey



Roasted White Sesame Seeds



Jasmine Rice



British Pork Loin Steaks



Mayonnaise



Sriracha Sauce



British Chicken Breast

Pantry Items

Oil, Salt, Pepper

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



Hoisin contains Chinese Five Spice, rice vinegar and red miso which gives it its delicious sweet-umami flavour. Here, we're reducing it down whilst the pork is in the pan to coat it in an easy sticky glaze.

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Fine grater, garlic press, bowl, frying pan, saucepan and lid.

Ingredients

Ingredients	2P	3P	4P
Spring Onion**	2	3	4
Lime**	1	1	1
Garlic Clove**	1	2	2
Green Beans**	150g	200g	300g
Hoisin Sauce 11)	32g	64g	64g
Honey	15g	30g	30g
Roasted White Sesame Seeds 3)	7g	7g	14g
Jasmine Rice	150g	225g	300g
British Pork Loin Steaks**	2	3	4
Mayonnaise 8) 9)	32g	64g	64g
Sriracha Sauce	15g	30g	30g
British Chicken Breast**	2	3	4

Pantry	2P	3P	4P
Water for the Glaze*	100ml	150ml	200ml
Water for the Rice*	300ml	450ml	600ml
Water for the Mayo*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	596g	100g	631g	100g
Energy (kJ/kcal)	2435 /582	409 /98	2522 /603	400 /96
Fat (g)	12.7	2.1	11.1	1.8
Sat. Fat (g)	2.8	0.5	1.9	0.3
Carbohydrate (g)	80.5	13.5	79.4	12.6
Sugars (g)	17.0	2.9	17.0	2.7
Protein (g)	37.8	6.3	48.1	7.6
Salt (g)	1.44	0.24	1.65	0.26

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **8)** Egg **9)** Mustard **11)** Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

You can recycle me!

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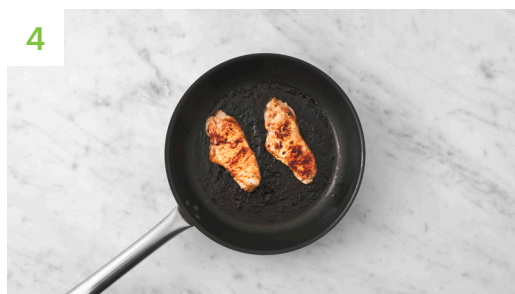
Get Prepped

Trim and thinly slice the **spring onion**. Zest and halve the **lime**. Peel and grate the **garlic** (or use a garlic press). Trim the **beans**.

In a bowl, combine the **hoisin, honey** and **water for the glaze** (see pantry). **TIP:** Put hardened honey into hot water for 1 min.

Heat a large frying pan on medium heat (no oil).

Once hot, add the **sesame** and dry-fry, until lightly toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily.



Glaze and Amaze

Return the pan to medium-high heat with another drizzle of **oil**. Season the **pork**. Once hot, lay the **pork** into the pan and cook, 2-3 mins on each side. Reduce the heat to medium and fry, 4-6 mins. Turn every couple of mins.

Once cooked, add the **hoisin glaze** to the pan coat the **pork**. Cook, 2-3 mins, until the **glaze** is sticky.

IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

↔ Swap to Chicken Breast

If you've chosen **chicken**, sandwich between two pieces of baking paper. Bash with a bottom of a saucepan until 1-2cm thick. Fry, 5-6 mins on each side. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

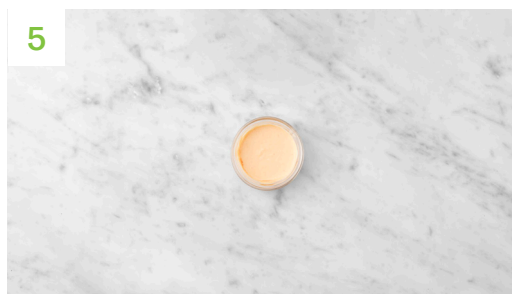


Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

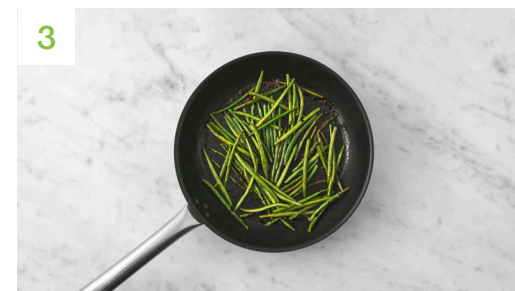
Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Mix it Up

While the **pork** cooks, pop the **mayo** and **sriracha** into a small bowl along with the **water for the mayo** (see pantry for amount).

Mix to combine and set aside your **sriracha mayo**.

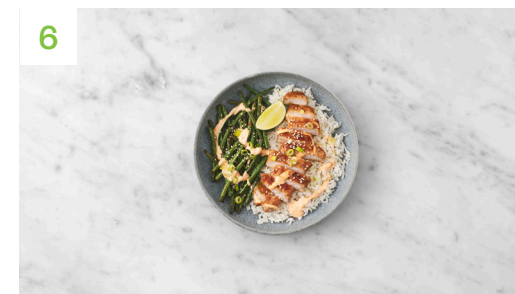


Bean There Done That

Put the frying pan back on medium-high heat with a drizzle of **oil**. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Stir in the **garlic**, turn the heat down to medium and cook for 1 min, then add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins, squeezing over some **lime juice** from a **lime wedge**.

Once tender, remove the pan from the heat and set the **beans** aside. Cover to keep warm. Wipe out the pan.



Finish and Serve

Once everything's ready, stir the **lime zest** into the **rice**.

Serve the **rice** between your plates and top with the **pork**. Spoon over any **sauce** from the pan. Share the **beans** alongside.

Finish by drizzling over the **sriracha mayo** and sprinkling on the **sesame seeds** and **spring onion**.

Serve any remaining **lime wedges** alongside for squeezing over.

Enjoy!

↔ Swap to Chicken Breast

When serving, slice the **chicken** into 1cm thick slices.