



Asian Style Sticky Pork

with Veggie Rice

RAPID 20 Minutes

N° 15



Long Grain Rice



Carrot



Spring Onion



Salted Peanuts



Coriander



Lime



Garlic Clove



Pork Loin Steak



Easy Ginger



Ketjap Manis



Soy Sauce



Honey

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Saucepan, Sieve, Coarse Grater, Fine Grater, Frying Pan and Mixing Bowl.

Ingredients

| | 2P | 3P | 4P |
|---------------------------------------|-------------|-------------|-------------|
| Long Grain Rice | 150g | 225g | 300g |
| Carrot** | 1 | 1½ | 2 |
| Spring Onion** | 2 | 3 | 4 |
| Salted Peanuts 1) | 1 small pot | 1 large pot | 1 large pot |
| Coriander** | 1 bunch | 1 bunch | 1 bunch |
| Lime** | ½ | 1 | 1 |
| Garlic Clove** | 1 clove | 2 cloves | 2 cloves |
| Pork Loin Steak** | 2 | 3 | 4 |
| Easy Ginger | 1 sachet | 1 sachet | 2 sachets |
| Ketjap Manis 11) 13) | 1 sachet | 2 sachets | 2 sachets |
| Soy Sauce 11) 13) | 1 sachet | 1 sachet | 2 sachets |
| Honey | 1 sachet | 2 sachets | 2 sachets |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|-----------|
| for uncooked ingredient | 352g | 100g |
| Energy (kJ/kcal) | 2554 / 611 | 725 / 173 |
| Fat (g) | 13 | 4 |
| Sat. Fat (g) | 3 | 1 |
| Carbohydrate (g) | 86 | 24 |
| Sugars (g) | 20 | 6 |
| Protein (g) | 41 | 12 |
| Salt (g) | 3.30 | 0.94 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **11)** Soya **13)** Gluten

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Cook the Rice

a) Bring a large saucepan of **water** to the boil with a ¼ tsp of **salt** for the **rice**.

b) When boiling, add the **rice** and cook for 12 mins.

c) When it's done, drain in a sieve.



4. Fry the Pork

a) Heat a splash of **oil** in a large frying pan on high heat.

b) When hot, add the **pork** and stir-fry until browned all over, 4-5 mins.



2. Prep

a) Meanwhile, trim the **carrot** then grate on the coarse side of your grater (no need to peel).

b) Trim the **spring onions** then finely slice.

c) Roughly chop the **peanuts**.

d) Roughly chop the **coriander** (stalks and all).

e) Zest the **lime**, then chop into wedges.

f) Peel and grate the **garlic** (or use a garlic press).

g) Chop the **pork** into 2cm chunks. **IMPORTANT:** Wash your hands after handling raw meat.



5. Finish the Rice

a) Lower the heat to medium then pour the **sauce** into the pan. Cook, coating the **pork** in the **sticky sauce**, for 2-3 mins. **IMPORTANT:** The **pork** is cooked when no longer pink in the middle.

b) Meanwhile, in a large bowl gently toss together the cooked **rice**, **lime zest**, **carrot**, **coriander**, **half the spring onions** and **half the peanuts**.

c) Season to taste with **salt** and **pepper** if needed.



3. Make the Sauce

a) In a small bowl, stir together the **garlic**, **easy ginger**, **ketjap manis**, **soy sauce**, **honey** and **half the lime juice**.

b) Set aside.



6. Serve

a) Divide the **rice** between plates and serve the **sticky pork** on top of it.

b) Finish by pouring any **sauce** left in the pan over the top and scattering over the remaining **peanuts** and **spring onions**.

c) Top with the remaining **lime wedges**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.