



# Ultimate Chinese New Year Hoisin Pork Steak

with Sesame Rice, Gingerly Green Veg and Peanuts

35

Ultimate 30-35 Minutes • 1 of your 5 a day



Jasmine Rice



Garlic Clove



Pork Loin Steak



Pak Choi



Tenderstem® Broccoli



Spring Onion



Salted Peanuts



Ginger Puree



Hoisin Sauce



Teriyaki Sauce



Roasted White Sesame Seeds

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, lid, garlic press, frying pan, rolling pin, aluminium foil and bowl.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Garlic Clove**	2	3	4
Pork Loin Steak**	2	3	4
Pak Choi**	1	1½	2
Tenderstem® Broccoli**	80g	150g	150g
Spring Onion**	1	1½	2
Salted Peanuts <b>1)</b>	25g	40g	50g
Ginger Puree	15g	22g	30g
Hoisin Sauce <b>11)</b>	32g	48g	64g
Teriyaki Sauce <b>11)</b>	75g	100g	150g
Roasted White Sesame Seeds <b>3)</b>	5g	7g	10g

  

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving 396g	Per 100g 100g
Energy (kJ/kcal)	2730 /653	689 /165
Fat (g)	14.6	3.7
Sat. Fat (g)	3.6	0.9
Carbohydrate (g)	88.4	22.3
Sugars (g)	21.2	5.3
Protein (g)	42.8	10.8
Salt (g)	3.54	0.89

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

## Allergens

**1)** Peanut **3)** Sesame **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, milk, egg, mustard, celery, soya, 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.

## Contact

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## 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).



## Steam-Fry the Veg

Pop the (now empty) pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **Tenderstem®** and **pak choi**. Stir-fry for 2-3 mins. Add the **ginger puree**, and remaining **garlic**, then cook for 30 secs.

Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 2-3 mins more. Season with **salt** and **pepper**.

Transfer to a bowl and cover to keep warm.



## Get Prepped

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

Coat the **pork** with **half the garlic** and season with **salt** and **pepper** on both sides. **IMPORTANT:** Wash your hands and equipment after handling raw meat.

Trim the **pak choi**, then thinly slice widthways. Halve any thick **broccoli stems** lengthways.



## Bring on the Sticky Sauce

Pop the (now empty) pan back on medium-high heat.

Once the pan is hot, pour in the **hoisin**, **teriyaki** and **water for the sauce** (see pantry for amount), stir and boil until the **sauce** reduces and thickens, 2-4 mins.

Slice the **pork steak** widthways into 1cm thick slices. Add the **pork slices** to the **sauce** and stir to glaze evenly.

Using a fork, gently fluff the **rice**, then stir through the **sesame seeds**.



## Cook the Pork

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **pork steaks**. Fry until browned, 2-3 mins on each side. Reduce the heat to medium and fry for an additional 3-5 mins, turning every couple of mins. **IMPORTANT:** The pork is cooked when no longer pink in the middle.

Meanwhile, trim and thinly slice the **spring onion**. Crush the **peanuts** in the unopened sachet using a rolling pin.

When cooked, transfer the **pork steaks** to a clean plate and leave to rest. Cover with foil to keep warm. Wipe out the pan.



## Serve Up

Share the **sesame rice** between your bowls.

Top with the **hoisin steak slices** and any remaining **sauce** from the pan.

Serve the **ginger veg** alongside and sprinkle with **spring onion** and **crushed peanuts** to finish.

## Enjoy!