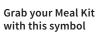


# Southeast Asian Pork & Honey-Soy Veggies

with Jasmine Rice & Japanese Mayo

TAKEAWAY FAVES

BESTSELLER









Carrot





Asian Greens



Japanese Dressing





Black Peppercorns





Southeast Asian Spice Blend



Crushed Peanuts





Fresh Chilli

Prep in: 25-35 mins Ready in: 30-40 mins



Watch out because our lovely spiced pork is going to turn some heads tonight! With all the umami, but pan-fried instead of deep-fried, this is a quick and easy dinner that's going to blow your mind.

Olive Oil, Soy Sauce, Honey, Vinegar (Rice Wine or White Wine), Plain Flour

### Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

Medium saucepan with a lid  $\cdot$  Large frying pan

### Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
water*	11/4 cups	2½ cups		
jasmine rice	1 packet	1 packet		
baby broccoli	1 bag	1 bag		
carrot	1	2		
Asian greens	1 bunch	2 bunches		
soy sauce*	2 tbs	⅓ cup		
honey*	1 tbs	2 tbs		
vinegar* (rice wine or white wine)	½ tbs	1 tbs		
Japanese dressing	1 packet	2 packets		
mayonnaise	1 medium packet	1 large packet		
black peppercorns	½ sachet	1 sachet		
pork loin steaks	1 packet	1 packet		
salt*	½ tsp	1 tsp		
Southeast Asian spice blend	1 sachet	1 sachet		
plain flour*	1 tbs	2 tbs		
fresh chilli ∮ (optional)	1/2	1		
crushed peanuts	1 packet	2 packets		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

\*Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3454kJ (826Cal)	643kJ (154Cal)
Protein (g)	50.4g	9.4g
Fat, total (g)	29.3g	5.5g
- saturated (g)	4.9g	0.9g
Carbohydrate (g)	86.6g	16.1g
- sugars (g)	15g	2.8g
Sodium (mg)	1573mg	293mg

#### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3502kJ (837Cal)	640kJ (153Cal)
Protein (g)	48g	8.8g
Fat, total (g)	32g	5.9g
- saturated (g)	5.7g	1g
Carbohydrate (g)	87.4g	16g
- sugars (g)	15.1g	2.8g
Sodium (mg)	1599mg	292mg

The quantities provided above are averages only.

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns

Scan here if you have a 2023 | CW42



### Cook the rice

- Add the water to a medium saucepan and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove pan from heat and keep covered until rice is tender and water is absorbed, 10-15 minutes.

**TIP:** The rice will finish cooking in its own steam so don't peek!



# Get prepped

- While the rice is cooking, halve baby broccoli.
  Thinly slice carrot into half-moons. Roughly chop Asian greens.
- In a small bowl, combine the soy sauce, honey and the vinegar.
- In a second small bowl, combine Japanese dressing and mayonnaise. Set aside.



# Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook baby broccoli and carrot until tender, 4-5 minutes.
- Add Asian greens and honey-soy mixture and cook, until Asian greens are just wilted and veggies are well coated, 1-2 minutes.
- Transfer to a bowl and cover to keep warm.



# Coat the pork

- While the veggies are cooking, crush black peppercorns (see ingredients) with a pestle and mortar or in their sachet using a rolling pin. Cut pork loin steaks into 1cm strips.
- SPICY! Peppercorns can be spicy, use less if you're sensitive to heat! In a medium bowl, combine the salt, crushed peppercorns, Southeast Asian spice blend and the plain flour. Add pork and toss to coat.

**Custom Recipe:** If you've swapped to chicken breast, cut chicken into 2cm strips. Combine with spice blend as above.



## Cook the pork

- Wash and dry the frying pan, then return to medium-high heat with a generous drizzle of olive oil. When oil is hot, pick up pork using tongs and shake off any excess flour back into the bowl.
- Cook pork, tossing occasionally, until browned and cooked through, 3-4 minutes.

**TIP:** If your pan is getting crowded, cook in batches for the best results.

**Custom Recipe:** Heat frying pan with oil as above. Cook chicken strips until browned and cooked through, 3-4 minutes each side.



# Serve up

- Thinly slice **fresh chilli** (if using).
- Divide rice between bowls. Top with honey-soy veggies and Southeast Asian pork.
- Sprinkle with crushed peanuts and chilli. Serve with Japanese mayo. Enjoy!

