



Southeast Asian Pork & Honey-Soy Veggies

with Jasmine Rice & Japanese Mayo

TAKEAWAY FAVES

BESTSELLER

Grab your Meal Kit with this symbol



Jasmine Rice



Baby Broccoli



Carrot



Asian Greens



Japanese Dressing



Mayonnaise



Black Peppercorns



Pork Loin Steaks



Southeast Asian Spice Blend



Fresh Chilli (Optional)



Crushed Peanuts



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ 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	¼ 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)	½	1
crushed peanuts	1 packet	2 packets 2 small packets OR 1 large packet
chicken breast**	1 small 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

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1



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!

4



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.

2



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.

5



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.

3



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.

6



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!

Rate your recipe

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