



# Vietnamese-Style Pork & Slaw Bowl

with Crispy Shallots & Fried Egg

Grab your Meal Kit with this symbol



Onion



Garlic



Baby Spinach Leaves



Cucumber



Oyster Sauce



Pork Mince



Ginger & Lemongrass Paste



Asian Slaw Mix



Garlic Aioli

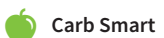


Crispy Shallots



Beef Mince

Prep in: 20-30 mins  
Ready in: 30-40 mins



Discover classic Vietnamese flavours with a low-carb twist! Take crunchy slaw piled with saucy pork mince and a fried egg, and you've got a dinner-time hit. Serve with crispy shallots for extra crunch.

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

### Pantry items

Olive Oil, Sesame Oil, Soy Sauce, Eggs



## 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

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
baby spinach leaves	1 small bag	1 medium bag
cucumber	1 (medium)	1 (large)
oyster sauce	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
soy sauce*	1 tsp	2 tsp
water*	2 tbs	¼ cup
pork mince	1 packet	1 packet
ginger & lemongrass paste	½ packet (20g)	1 packet (40g)
Asian slaw mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 medium packet	1 large packet
eggs*	2	4
crispy shallots	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2320kJ (554Cal)	493kJ (118Cal)
Protein (g)	36g	7.6g
Fat, total (g)	34.6g	7.3g
- saturated (g)	9.3g	2g
Carbohydrate (g)	24.2g	5.1g
- sugars (g)	12.9g	2.7g
Sodium (mg)	1521mg	323mg
Dietary Fibre (g)	6.3g	1.3g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2611kJ (624Cal)	555kJ (133Cal)
Protein (g)	40.2g	8.5g
Fat, total (g)	39.1g	8.3g
- saturated (g)	12.1g	2.6g
Carbohydrate (g)	24.2g	5.1g
- sugars (g)	12.9g	2.7g
Sodium (mg)	1486mg	316mg
Dietary fibre	6.3g	1.3g

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](https://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!

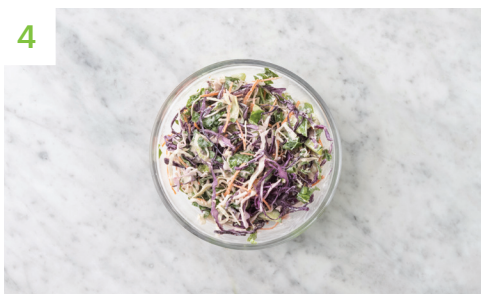
Scan here if you have any questions or concerns

2023 | CW43



## Get prepped

- Thinly slice **onion**. Finely chop **garlic**. Roughly chop **baby spinach leaves**. Thinly slice **cucumber** into half-moons.



## Toss the slaw

- Meanwhile, combine **baby spinach** in a large bowl, along with **cucumber**, **Asian slaw mix**, **garlic aioli** and a drizzle of **olive oil**.
- Season to taste.



## Make the sauce

- In a small bowl, combine **oyster sauce**, the **sesame oil**, **soy sauce** and the **water**. Set aside.



## Cook the eggs

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **4-5 minutes**.



## Cook the pork

- Heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **onion** until lightly golden, **2-3 minutes**.
- Add **pork mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**.
- Reduce heat to medium, then add **garlic** and **ginger & lemongrass paste** (see ingredients) and cook until fragrant, **1 minute**.
- Add the **oyster sauce mixture** and stir through until bubbling, **1-2 minutes**. Transfer to a bowl and cover to keep warm.

**Custom Recipe:** If you've swapped to beef mince, cook beef in the same way as the pork.



## Serve up

- Divide Asian slaw and Vietnamese-style pork between bowls.
- Top with a fried egg and sprinkle with **crispy shallots** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)