



# Rich & Saucy Pork Scotch Tomato Stew

with Garlic Rice & Parsley

SLOW-COOKER FRIENDLY

WINTER WARMERS

Grab your meal kit with this number

32



Carrot



Celery



Onion



Pork Scotch Fillet



Nan's Special Seasoning



Passata



Chicken-Style Stock Powder



Garlic



Jasmine Rice



Baby Leaves



Parsley



Grated Parmesan Cheese



Cheddar Cheese

Prep in: 15-25 mins  
Ready in: 4 hrs 15 mins - 4 hrs 25 mins

Protein Rich Calorie Smart

If you're planning to stay in with a cosy homecooked dinner, then this stew fits the criteria. Let your slow cooker do the work, transforming tender pork and veggies into a hearty, tomato-based delight. Dig in and enjoy a bowl of pure comfort.

### Pantry items

Olive Oil, Brown Sugar, Butter

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 · Slow cooker or Large ovenproof saucepan · Medium saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
onion	½	1
pork scotch fillet	1 medium packet	2 medium packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
passata	1 medium packet	2 medium packets
<b>water*</b> (for the stew)	¾ cup	1½ cups
<b>brown sugar*</b>	1 tsp	2 tsp
chicken-style stock powder	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
jasmine rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1¼ cups	2½ cups
baby leaves	1 small packet	1 medium packet
parsley	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1973kJ (471cal)	168kJ (40cal)
Protein (g)	36.7g	3.1g
Fat, total (g)	17.6g	1.5g
- saturated (g)	4.9g	0.4g
Carbohydrate (g)	42.7g	3.6g
- sugars (g)	9.3g	0.8g
Sodium (mg)	789mg	67.1mg
Dietary Fibre (g)	9.2g	0.8g

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



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## Get prepped

- Roughly chop **carrot** and **celery**. Finely chop **onion** (see ingredients).
- Cut **pork scotch fillet** into 3cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork** until browned on all sides, **3-4 minutes**.

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## Make the garlic rice

- When the stew has **20 minutes** remaining, finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

### CUSTOM OPTIONS

**+** ADD GRATED PARMESAN CHEESE  
Sprinkle over before serving.

**+** ADD CHEDDAR CHEESE  
Sprinkle over before serving.

2



## Make the stew

- Add **Nan's special seasoning** and cook until fragrant, **1 minute**.
- Transfer **pork**, **carrot**, **onion**, **celery**, **passata**, the **water (for the stew)**, **brown sugar** and **chicken-style stock powder** to slow cooker and set cooking temperature to high.
- Place lid on slow cooker and cook, stirring occasionally, until pork is tender, **4 hours**.

**TIP:** If you don't have a slow cooker, preheat oven to 200°C/180°C fan-forced. Transfer mixture to an ovenproof saucepan, cover with lid (or tightly with foil) and bake, stirring occasionally, until pork is tender, 90 minutes.

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## Serve up

- When stew is ready, add **baby leaves** and stir until wilted. Season to taste.
- Divide garlic rice between bowls. Top with pork and tomato stew.
- Tear over **parsley** to serve. Enjoy!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

