

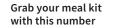
# Rich & Saucy Pork Scotch Tomato Stew

If you're planning to stay in with a cosy homecooked dinner, then this stew fits the criteria. Let your slow cooker do

with Garlic Rice & Parsley

SLOW-COOKER FRIENDLY

WINTER WARMERS













Pork Scotch





Nan's Special Seasoning





Chicken-Style Stock Powder







Jasmine Rice

**Baby Leaves** 







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



Protein Rich



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  $\cdot$  Slow cooker or Large ovenproof saucepan  $\cdot$  Medium saucepan with a lid

## Ingredients

ingi caicino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
celery	1 stalk	2 stalks	
onion	1/2	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	
water* (for the stew)	3/4 cup	1½ cups	
brown sugar*	1 tsp	2 tsp	
chicken-style stock powder	1 medium sachet	1 large sachet	
garlic	2 cloves	4 cloves	
butter*	20g	40g	
jasmine rice	1 medium packet	1 large packet	
water* (for the rice)	1¼ cups	2½ cups	
baby leaves	1 small packet	1 medium packet	
parsley	1 packet	1 packet	

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per 100g
1973kJ (471cal)	168kJ (40cal)
36.7g	3.1g
17.6g	1.5g
4.9g	0.4g
42.7g	3.6g
9.3g	0.8g
789mg	67.1mg
9.2g	0.8g
	36.7g 17.6g 4.9g 42.7g 9.3g 789mg

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.



## 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.



## Make the garlic rice

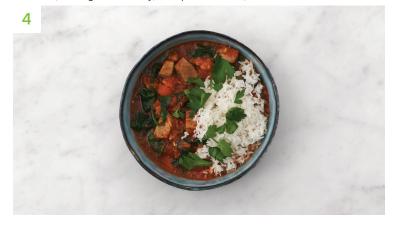
- When the stew has **20 minutes** remaining, finely chop **garlic**.
- In a medium saucepan, heat the butter with a dash of olive oil over medium heat. Cook garlic until fragrant, 1-2 minutes.
- Add jasmine rice, the water (for the rice) and a generous pinch of salt, stir, then bring to the boil. Reduce 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.



#### 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.



### 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!







