



Lemon & Sweet Chilli Pork

with Veggie Fried Rice & Coriander

FEEL-GOOD TAKEAWAY

NEW

Grab your meal kit with this number

30



Jasmine Rice



Carrot



Green Beans



Lemon



Sweetcorn



Pork Loin Steaks



Ginger Paste



Sweet Soy Seasoning



Sweet Chilli Sauce



Coriander



Pork Loin Steak



Diced Bacon

Prep in: 20-30 mins
Ready in: 25-35 mins

Protein Rich

Calorie Smart

Sweet, hot and tangy, these tender pork strips have it all! This fried rice has a mix of tender veg tossed through, and is flavoured with soy and fragrant ginger paste. Topped off with our supercharged, flavour-packed pork strips, this dish is sure to please!

Pantry items

Olive Oil, Low Sodium Soy Sauce, Egg

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 small packet	1 medium packet
lemon	½	1
sweetcorn	1 medium tin	1 large tin
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
sweet soy seasoning	2 sachets	4 sachets
low sodium soy sauce*	1 tbs	2 tbs
egg*	1	2
sweet chilli sauce	1 small packet	1 medium packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2661kJ (636cal)	276kJ (66cal)
Protein (g)	46.5g	4.8g
Fat, total (g)	11.3g	1.2g
- saturated (g)	2.4g	0.2g
Carbohydrate (g)	81.6g	8.5g
- sugars (g)	14.6g	1.5g
Sodium (mg)	910mg	94.3mg
Dietary Fibre (g)	7.6g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain, rinse with warm water and set aside.
- Meanwhile, thinly slice **carrot** into half-moons. Trim and roughly chop **green beans**. Slice **lemon** into wedges. Drain **sweetcorn**.
- Slice **pork loin steaks** into 1cm strips.



Cook the pork strips

- Wash out frying pan and return to high heat with a drizzle of **olive oil**. Cook **pork strips** in batches, tossing, until golden, **2-3 minutes**.
- Add remaining **sweet soy seasoning** and cook until fragrant, **1 minute**.
- Remove pan from heat, then add **sweet chilli sauce** and a generous squeeze of **lemon juice**, tossing to coat, **1 minute**. Season generously with **salt** and **pepper**.

TIP: *Cooking the meat in batches over a high heat helps it stay tender.*



Make the fried rice

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot, green beans** and **corn**, until tender, **4-5 minutes**.
- Reduce heat to medium, then add **ginger paste** and half the **sweet soy seasoning** and cook until fragrant, **1 minute**.
- Stir in **cooked jasmine rice** and **low sodium soy sauce**, until well combined, **1-2 minutes**.
- Push **rice** and **veggies** aside, then add the **egg** and cook, stirring, until scrambled, **1 minute**. Season with **pepper**. Divide between serving bowls and cover to keep warm.



Serve up

- Top veggie fried rice with lemon and sweet chilli pork.
- Tear over **coriander** and serve with remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



CUSTOM OPTIONS



DOUBLE PORK LOIN STEAK

Follow method above, cooking in batches if necessary.



ADD DICED BACON

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

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

