



Sweet Soy-Ginger Pork & Slaw Bowl

with Crispy Shallots & Coriander

HELLOHERO

Grab your meal kit with this number

29



Sweetcorn



Carrot



Pork Loin Steaks



Ginger Paste



Sweet Soy Seasoning



Shredded Cabbage Mix



Mayonnaise



Crispy Shallots



Coriander



Beef Strips



Diced Chicken

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



Protein Rich



Carb Smart

Sweet soy and ginger is a pairing that we didn't see coming but are happy to have in our hearts (and mouths)! It's the contrast that we've fallen in love with, and the way it coats tender strips of pork - you're in for a treat!

Pantry items

Olive Oi, Honey, Vinegar (White Win or Rice Wine)

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 medium tin	1 large tin
carrot	1	2
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
sweet soy seasoning	½ sachet	1 sachet
honey*	1 tsp	2 tsp
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
crispy shallots	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1709kJ (409cal)	217kJ (52cal)
Protein (g)	38.2g	4.8g
Fat, total (g)	15.6g	2g
- saturated (g)	3.8g	0.5g
Carbohydrate (g)	25.7g	3.3g
- sugars (g)	13.5g	1.7g
Sodium (mg)	726mg	92.1mg
Dietary Fibre (g)	4.1g	0.5g

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

- Drain **sweetcorn**. Grate **carrot**.
- Slice **pork loin steaks** into 1cm-thick strips.



Make the slaw

- Meanwhile, combine **shredded cabbage mix**, **carrot**, **sweetcorn**, **mayonnaise** and a drizzle of **vinegar** and **olive oil** in a large bowl. Season to taste.



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **ginger paste**, **sweet soy seasoning** (see ingredients) and **pork strips**, in batches until golden, **2-3 minutes**.
- Remove the pan off the heat, return all **pork** to the pan, then add the **honey**. Toss to coat.

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



Serve up

- Divide slaw between bowls.
- Top with sweet soy-ginger pork, spooning over any remaining sauce from the pan.
- Sprinkle with **crispy shallots** and tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



CUSTOM OPTIONS



SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.



SWAP TO DICED CHICKEN

Cook until cooked through, 3-4 minutes each side.

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

