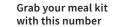


Sweet Soy-Ginger Pork & Slaw Bowl with Crispy Shallots & Coriander

HELLOHERO









Sweetcorn







Pork Loin Steaks

Ginger Paste





Sweet Soy Seasoning

Shredded Cabbage





Mayonnaise

Crispy Shallots



Coriander









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

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

9			
	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.



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.



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.



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!



