



Tender Hoisin Pork Stew & Garlic Rice

with Carrot Salad & Coriander

SLOW-COOKER FRIENDLY

NEW

Grab your meal kit with this number

30



Garlic



Onion



Pork Scotch Fillet



Sweet Soy Seasoning



Hoisin Sauce



Jasmine Rice



Carrot



Cucumber



Mixed Salad Leaves



Coriander



Pork Scotch Fillet



Chicken Drumstick

Prep in: 20-30 mins
Ready in: 4 hrs 10 mins-4 hrs 20 mins

Calorie Smart Protein Rich

Tonight's slow-cooked supper boasts savoury Asian flavours, with pork scotch fillet cooked in a rich hoisin sauce until fall-apart tender. A refreshing carrot salad is the perfect accompaniment to balance it out, with a helping of garlic rice to soak up all the sauce.

Pantry items

Olive Oil, Soy Sauce, Sesame Oil, Butter, Vinegar (White Wine 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 · Slow cooker or Ovenproof saucepan · Medium saucepan with a lid

Ingredients

| | 2 People | 4 People |
|--|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| garlic | 3 cloves | 6 cloves |
| onion | ½ | 1 |
| pork scotch fillet | 1 medium packet | 2 medium packets OR 1 large packet |
| sweet soy seasoning | 1 sachet | 2 sachets |
| hoisin sauce | 1 packet | 2 packets |
| soy sauce* | 1 tbs | 2 tbs |
| sesame oil* | 1 tsp | 2 tsp |
| water* (for the sauce) | ¾ cup | 1½ cups |
| butter* | 20g | 40g |
| jasmine rice | 1 medium packet | 1 large packet |
| water* (for the rice) | 1¼ cups | 2½ cups |
| carrot | 1 | 2 |
| cucumber | 1 (medium) | 1 (large) |
| mixed salad leaves | 1 small packet | 1 medium packet |
| vinegar* (white wine or rice wine) | drizzle | drizzle |
| coriander | 1 packet | 1 packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2657kJ (635cal) | 231kJ (55cal) |
| Protein (g) | 38g | 3.3g |
| Fat, total (g) | 29.2g | 2.5g |
| - saturated (g) | 10.8g | 0.9g |
| Carbohydrate (g) | 56.9g | 5g |
| - sugars (g) | 20g | 1.7g |
| Sodium (mg) | 1384mg | 120.5mg |
| Dietary Fibre (g) | 8.9g | 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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



Get prepped

- Finely chop **garlic**.
- Roughly chop **onion** (see ingredients).
- Season **pork scotch fillet** on all sides with **salt** and **pepper**.



Cook the rice

- When the stew has **20 minutes** remaining, in a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook remaining **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**.

TIP: The rice will finish cooking in its own steam so don't peek!

CUSTOM OPTIONS

+ DOUBLE PORK SCOTCH FILLET

Follow method above, browning in batches if necessary.



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork** until browned, **1 minute** on all sides.
- Add **sweet soy seasoning** and half the **garlic** and cook until fragrant, **1 minute**.



Toss the salad

- Meanwhile, using a vegetable peeler, peel **carrot** into ribbons.
- Thinly slice **cucumber** into rounds.
- In a large bowl, combine **carrot**, **cucumber**, **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.



Slow cook the pork

- Transfer **pork (including pan juices!)**, **onion**, **hoisin sauce**, the **soy sauce**, **sesame oil** and the **water (for the sauce)** to slow cooker and set cooking temperature to high.
- Place lid on slow cooker and cook, stirring each hour, until pork is tender and falls apart, **4 hours**. Using two forks, shred **pork**.

TIP: No 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 until pork is tender, 90 minutes.



Serve up

- Divide garlic rice between bowls.
- Top with hoisin pork and carrot salad.
- Tear over **coriander**. Enjoy!

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

