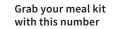


Tender Hoisin Pork Stew & Garlic Rice

with Carrot Salad & Coriander

SLOW-COOKER FRIENDLY















Pork Scotch





Hoisin Sauce







Carrot

Cucumber





Mixed Salad Leaves

Coriander







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



Calorie Smart



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

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	3 cloves	6 cloves	
onion	1/2	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)	3/4 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.



Get prepped

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



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.



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.



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



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.



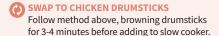
Serve up

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



don't peek!

DOUBLE PORK SCOTCH FILLET Follow method above, browning in batches if necessary.



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

