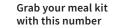


Sweet Soy-Ginger Pork & Slaw Bowl with Crispy Shallots & Coriander

HELLOHERO









Sweetcorn





Pork Loin Steaks







Seasoning

Shredded Cabbage







Mayonnaise

Crispy Shallots



Coriander







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

Carb Smart





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 sachet	1 large sachet	
coriander	1 packet	1 packet	

^{*}Pantry Items

Nutrition

		D 100
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!



