



Easy Vietnamese Pork & Rice Bowl

with Pickled Carrot Salad & Coriander

FEEL-GOOD TAKEAWAY

NEW

Grab your meal kit with this number

30



Jasmine Rice



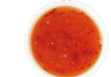
Carrot



Cucumber



Garlic Paste



Sweet Chilli Sauce



Pork Loin Steaks



Sweet Soy Seasoning



Mixed Salad Leaves



Coriander



Pork Loin Steaks



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins



Protein Rich



Carb Smart

Succulent Vietnamese-style pork steaks in a sweet chilli glaze are served over a bed of fluffy rice, accompanied by a tangy pickled carrot salad that adds a refreshing crunch. A sprinkle of fresh coriander ties it all together, creating a vibrant bowl of bold flavours and contrasting textures.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Low Sodium Soy Sauce

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
cucumber	1 (medium)	1 (large)
vinegar* (white wine or rice wine)	¼ cup	½ cup
garlic paste	1 medium packet	2 medium packets
sweet chilli sauce	1 small packet	½ large packet
low sodium soy sauce*	2 tsp	4 tsp
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	½ sachet	1 sachet
mixed salad leaves	1 small packet	1 medium packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1630kJ (390cal)	186kJ (44cal)
Protein (g)	39.9g	4.5g
Fat, total (g)	8.4g	1g
- saturated (g)	1.8g	0.2g
Carbohydrate (g)	38g	4.3g
- sugars (g)	10.9g	1.2g
Sodium (mg)	756mg	86.1mg
Dietary Fibre (g)	4.9g	0.6g

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.

1



Cook the rice

- Add the **water** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from heat and keep covered until rice is tender and all the **water** is absorbed, **10-15 minutes**.

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

3



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **pork steaks** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- In the **last minute** of cook time, sprinkle with **sweet soy seasoning** (see **ingredients**) and add **sweet chilli glaze**, turning **pork** to coat.
- Transfer to a plate, cover and rest for **5 minutes**.

2



Get prepped

- While rice is cooking, using a vegetable peeler, peel **carrot** into ribbons. Slice **cucumber** into thin half-moons
- In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Add **carrot** to pickling liquid. Add enough **water** to just cover **carrot**. Set aside.
- In a second small bowl, combine **garlic paste**, **sweet chilli sauce** (see **ingredients**) and the **low sodium soy sauce**.

4



Serve up

- Reserve some pickling liquid (1 tsp for 2 people / 2 tsp for 4 people), then drain pickled carrot.
- In a medium bowl, combine **mixed salad leaves**, pickled carrot ribbons, cucumber, the reserved pickling liquid and a drizzle of olive oil. Season to taste.
- Slice pork.
- Divide rice, Vietnamese pork and pickled carrot salad between bowls.
- Spoon any remaining glaze from pan over pork and tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



CUSTOM OPTIONS

+ **DOUBLE PORK LOIN STEAK**
Follow method above.

↻ **SWAP TO CHICKEN BREAST**
Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes. Continue with recipe.

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

