



# Soy-Ginger Pork & Slaw Bowl

with Crispy Shallots & Coriander

HELLOHERO

Grab your meal kit with this number

29



Sweetcorn



Carrot



Pork Loin Steaks



Ginger Paste



Sweet Soy Seasoning



Shredded Cabbage Mix



Mayonnaise



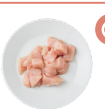
Crispy Shallots



Coriander



Beef Strips



Diced Chicken

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



Protein Rich



Carb Smart

Sweet chilli and ginger is a pairing that we didn't see coming but are happy to have in our hearts (and mouth)! It's the contrast that we've fallen in love with and how it goes perfectly with beef strips as a glaze.

### Pantry items

Olive Oil, Honey, Vinegar

## 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
<b>olive oil*</b>	refer to method	refer to method
sweetcorn	1 medium tin	2 medium tins
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	1 sachet	2 sachets
<b>honey*</b>	1 tsp	2 tsp
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
<b>vinegar*</b> (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)	1711kJ (409cal)	217kJ (52cal)
Protein (g)	38.2g	4.8g
Fat, total (g)	15.6g	2g
- saturated (g)	3.8g	0.5g
Carbohydrate (g)	25.8g	3.3g
- sugars (g)	13.5g	1.7g
Sodium (mg)	735mg	93.1mg
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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## Fancy a drop?

Browse our Wine Boxes in the expanded menu to find your next perfect pairing

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



## Get prepped

- Drain **sweetcorn**.
- Grate **carrot**.
- Slice **pork loin steaks** into 1cm-thick strips.



## 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.



## 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** 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.



## Serve up

- Divide slaw between bowls.
- Top with soy-ginger pork, spooning over any remaining sauce from the pan.
- Sprinkle with **crispy shallots** and tear over **coriander** to serve. Enjoy!

### CUSTOM OPTIONS



#### SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.



#### SWAP TO DICED CHICKEN

Cook until cooked through, 4-6 minutes.

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

