



# Honey Teriyaki Pork Belly & Sesame Cabbage

with Rice & Chilli Garlic Greens

TASTE TOURS

Grab your meal kit  
with this number

16



Garlic



Jasmine Rice



Asian Greens



Courgette



Fresh Chilli  
(Optional)



Slow-Cooked  
Pork Belly



Teriyaki Sauce



Shredded Cabbage  
Mix



Sesame Dressing

Prep in: 25-35 mins  
Ready in: 35-45 mins

Sweet and sticky, this honey teriyaki pork belly is melt-in-your-mouth tender and oh-so-delicious! Serve it up with fluffy rice, flavourful greens, and a sesame-dressed cabbage slaw. This meal will take you on a one-way trip to flavour-town!

### Pantry items

Olive Oil, Butter, Honey, 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
jasmine rice	1 medium packet	1 large packet
<b>water*</b>	1¼ cups	2½ cups
Asian greens	1 packet	2 packets
courgette	1	2
fresh chilli (optional) 🌶️	½	1
slow-cooked pork belly	1 packet	2 packets
teriyaki sauce	1 medium packet	1 large packet
<b>honey*</b>	1 tsp	2 tsp
shredded cabbage mix	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
sesame dressing	1 medium packet	1 large packet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6260kJ (1496cal)	512kJ (122cal)
Protein (g)	26.7g	2.2g
Fat, total (g)	30.1g	2.5g
- saturated (g)	7.3g	0.6g
Carbohydrate (g)	81.5g	6.7g
- sugars (g)	16.6g	1.4g
Sodium (mg)	13520mg	1105.5mg
Dietary Fibre (g)	6.9g	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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook half the **garlic** until fragrant, **1-2 minutes**. Add **jasmine rice**, the **water** 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!



## Cook the pork

- Return frying pan to high heat and add **pork belly** (no need for oil). Cook **pork**, tossing, until golden, **8-10 minutes**.
- In the **last minute** of cook time, add **teriyaki sauce**, the **honey** and a splash of **water** and toss **pork** to coat.



## Get prepped

- Meanwhile, roughly chop **Asian greens**.
- Thinly slice **courgette** into sticks.
- Thinly slice **fresh chilli** (if using).
- Using a paper towel, pat dry **slow-cooked pork belly** and wipe to remove any excess fat. Cut **pork** into 2cm chunks.



## Toss the cabbage

- Meanwhile, in a large bowl, combine **shredded cabbage mix** and a drizzle of **vinegar** and **olive oil**. Season to taste.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **courgette** and cook, tossing, until tender, **2-3 minutes**.
- Add **Asian greens** and cook, stirring, until just wilted, **1-2 minutes**.
- Add **chilli** and remaining **garlic** and cook until fragrant, **1 minute**. Season to taste. Transfer to a bowl and cover to keep warm.



## Serve up

- Divide rice and **chilli** garlic greens between bowls. Top with honey teriyaki pork belly.
- Drizzle **sesame dressing** over the cabbage to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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