



# Lemon & Sweet Chilli Pork

with Veggie Fried Rice & Coriander

FEEL-GOOD TAKEAWAY

Grab your meal kit with this number

30



Jasmine Rice



Carrot



Baby Broccoli



Lemon



Sweetcorn



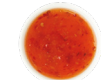
Pork Loin Steaks



Ginger Paste



Sweet Soy Seasoning



Sweet Chilli Sauce



Coriander



Pork Loin Steaks



Diced Bacon

### Recipe Update

We've replaced the green beans in this recipe with baby broccoli due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

Protein Rich

Calorie Smart

Sweet, hot and tangy, these tender pork strips have it all! This fried rice has a mix of tender veg tossed through, and is flavoured with soy and fragrant ginger paste. Topped off with our supercharged, flavour-packed pork strips, this dish is sure to please!

### Pantry items

Olive Oil, Low Sodium Soy Sauce, Egg

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
jasmine rice	1 medium packet	1 large packet
carrot	1	2
baby broccoli	1 bunch	2 bunches
lemon	½	1
sweetcorn	1 medium tin	2 medium tins
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>low sodium soy sauce*</b>	1 tbs	2 tbs
<b>egg*</b>	1	2
sweet chilli sauce	1 small packet	½ large packet
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2659kJ (551cal)	551kJ (114cal)
Protein (g)	46.5g	9.6g
Fat, total (g)	11.3g	2.3g
- saturated (g)	2.4g	0.5g
Carbohydrate (g)	81.5g	16.9g
- sugars (g)	14.6g	3g
Sodium (mg)	885mg	183.2mg
Dietary Fibre (g)	7.7g	1.6g

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.



## Get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain, rinse with warm water and set aside.
- Meanwhile, thinly slice **carrot** into half-moons. Trim and roughly chop **baby broccoli**. Slice **lemon** into wedges. Drain **sweetcorn**.
- Slice **pork loin steaks** into 1cm strips.



## Cook the pork strips

- Wash out frying pan and return to high heat with a drizzle of **olive oil**. Cook **pork strips** in batches, tossing, until golden, **2-3 minutes**.
- Add remaining **sweet soy seasoning** and cook until fragrant, **1 minute**.
- Remove pan from heat, then add **sweet chilli sauce** (see ingredients) and a generous squeeze of **lemon juice**, tossing to coat, **1 minute**. Season generously with **salt** and **pepper**.

**TIP:** *Cooking the meat in batches over a high heat helps it stay tender.*



## Make the fried rice

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, **baby broccoli** and **corn**, until tender, **4-5 minutes**.
- Reduce heat to medium, then add **ginger paste** and half the **sweet soy seasoning** and cook until fragrant, **1 minute**.
- Stir in **cooked jasmine rice** and **low sodium soy sauce**, until well combined, **1-2 minutes**.
- Push **rice** and **veggies** aside, then add the **egg** and cook, stirring, until scrambled, **1 minute**. Season with **pepper**. Divide between serving bowls and cover to keep warm.



## Serve up

- Top veggie fried rice with lemon and sweet chilli pork.
- Tear over **coriander** and serve with remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



### CUSTOM OPTIONS



#### DOUBLE PORK LOIN STEAK

Follow method above, cooking in batches if necessary.



#### ADD DICED BACON

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

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

