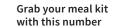


# Rich & Saucy Pork Scotch Tomato Stew

with Garlic Rice & Parsley

SLOW-COOKER FRIENDLY











Pork Scotch





Nan's Special Seasoning





Chicken-Style Stock Powder





Jasmine Rice

**Baby Leaves** 







Prep in: 15-25 mins Ready in: 4 hrs 15 mins - 4 hrs 25 mins



## 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  $\cdot$  Slow cooker or large ovenproof saucepan  $\cdot$  Medium saucepan with a lid

## Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
celery	1 stalk	2 stalks	
onion	1/2	1	
pork scotch fillet	1 medium packet	2 medium packets OR 1 large packet	
Nan's special seasoning	1 medium sachet	1 large sachet	
passata	1 packet	2 packets	
water* (for the stew)	³⁄₄ cup	1½ cups	
brown sugar*	1 tsp	2 tsp	
chicken-style stock powder	1 medium sachet	1 large sachet	
garlic	2 cloves	4 cloves	
butter*	20g	40g	
jasmine rice	1 medium packet	1 large packet	
water* (for the rice)	1¼ cups	2½ cups	
baby leaves	1 small packet	1 medium packet	
parsley	1 packet	1 packet	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2078kJ (365cal)	365kJ (64cal)
Protein (g)	37.3g	6.6g
Fat, total (g)	17.4g	3.1g
- saturated (g)	4.9g	0.9g
Carbohydrate (g)	47.2g	8.3g
- sugars (g)	9.1g	1.6g
Sodium (mg)	1104mg	194mg
Dietary Fibre (g)	11.5g	2g

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

- Roughly chop carrot and celery.
- Finely chop onion (see ingredients).
- Cut pork scotch fillet into 3cm chunks.
- In a large frying pan, heat a drizzle of olive oil over high heat. Cook pork until browned on all sides, 3-4 minutes.



## Make the garlic rice

- When the stew has 20 minutes remaining, finely chop garlic.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add jasmine rice, the water (for the rice) 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.



#### Make the stew

- Add Nan's special seasoning and cook until fragrant, 1 minute.
- Transfer pork, carrot, celery, onion, passata, the water (for the stew), brown sugar and chicken-style stock powder to slow cooker and set cooking temperature to high.
- Place lid on slow cooker and cook, stirring occasionally, until pork is tender,
  4 hours.

TIP: If you don't have a slow cooker, preheat oven to 200°C/180°C fan-forced. Transfer mixture to an ovenproof saucepan, cover with a lid (or tightly with foil) and bake, stirring occasionally, until pork is tender, 90 minutes.

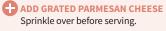


#### Finish & serve

- When stew is ready, add **baby leaves** and stir until wilted. Season to taste.
- Divide garlic rice between bowls.
- Top with saucy pork scotch tomato stew.
- Tear over **parsley** to serve. Enjoy!









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

