



# Honey-Soy Pork Belly & Stir-Fried Greens

with Garlic Rice & Peanuts

TASTE TOURS

Grab your Meal Kit with this symbol

21



Garlic



Jasmine Rice



Baby Broccoli



Asian Greens



Courgette



Fresh Chilli (Optional)



Slow-Cooked Pork Belly



Honey-Soy Sauce



Oyster Sauce



Sesame Seeds



Crushed Peanuts

Prep in: 30-40 mins  
Ready in: 35-45 mins

What's an instant way to bring bold, international flavours to pork? Add this sweet 'n' salty honey-soy sauce to melt-in-your-mouth pork belly. Teamed with sticky veggies, plus an aromatic garlic rice, this meal will make your tastebuds sing!

### Pantry items

Olive Oil, Butter, Soy Sauce, Vinegar (White Wine or Rice Wine), Sesame Oil



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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	3 cloves	6 cloves
<b>butter*</b>	20g	40g
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
baby broccoli	1 medium bunch	2 medium bunches
Asian greens	1 packet	2 packets
courgette	1	2
fresh chilli  (optional)	½	1
slow-cooked pork belly	1 packet	2 packets
honey-soy sauce	1 medium packet	2 medium packets
<b>soy sauce*</b>	½ tbs	1 tbs
oyster sauce	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or rice wine)	½ tbs	1 tbs
<b>sesame oil*</b>	1 tbs	2 tbs
sesame seeds	1 sachet	1 sachet
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5815kJ (1390cal)	888kJ (136cal)
Protein (g)	28.2g	4.3g
Fat, total (g)	31.2g	4.8g
- saturated (g)	11.3g	1.7g
Carbohydrate (g)	54.1g	8.3g
- sugars (g)	26.8g	4.1g
Sodium (mg)	2166mg	330.7mg
Dietary Fibre (g)	7.3g	1.1g

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.

1



## Cook the garlic 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 the **water** and a generous pinch of **salt** to the pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. 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!

4



## Cook the pork

- Wipe out the frying pan, then return to high heat. Cook **pork**, tossing, until golden, **8-10 minutes**.

2



## Get prepped

- Meanwhile, cut **baby broccoli** into thirds. Roughly chop **Asian greens**.
- Thinly slice **courgette** into half-moons.
- Thinly slice **fresh chilli** (if using).
- Pat **slow-cooked pork belly** dry with paper towel, then cut into 2cm chunks.
- In a small bowl, combine **honey-soy sauce**, the **soy sauce**, **oyster sauce**, the **vinegar** and **sesame oil**. Set aside.

5



## Bring it all together

- Reduce heat to medium, then add the **stir-fried greens** and **honey-soy sauce mixture**, tossing to coat, **1-2 minutes**.

3



## Stir-fry the greens

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli** and **courgette**, tossing, until tender, **5-6 minutes**.
- In the last **3 minutes** of cook time, add **Asian greens** and cook until just wilted, **2-3 minutes**.
- Add **sesame seeds** and remaining **garlic** and cook until fragrant, **1 minute**. Season with **pepper**, then transfer **veggies** to a bowl. Cover to keep warm.

6



## Finish & serve

- Divide garlic rice between bowls.
- Top with honey-soy pork and stir-fried greens.
- Garnish with **crushed peanuts** and **chilli** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

