

# Chinese Caramelised Pork Bowl

with Garlic Rice, Rainbow Slaw & Fried Eggs

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Ginger



Carrot



Mint



Cucumber



Sesame Seeds



Sichuan Garlic Paste



Pork Mince



Shredded Cabbage Mix



Crushed Peanuts

 Hands-on: 20-30 mins  
Ready in: 30-40 mins

This bountiful bowl has "new favourite" written all over it! Our exceptional Sichuan garlic paste is the key ingredient, giving a delicious flavour kick to the pork mince. With tender rainbow veggies, an aromatic bed of garlic rice and a fried egg to top things off, it's a winner from start to finish.

### Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Honey, Soy Sauce, Eggs

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
carrot	1	2
mint	1 bunch	1 bunch
cucumber	1 (medium)	1 (large)
sesame seeds	½ sachet	1 sachet
Sichuan garlic paste	1 packet	2 packets
honey*	2 tsp	4 tsp
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	1 tbs	2 tbs
rice wine vinegar*	2 tsp	4 tsp
pork mince	1 medium packet	1 large packet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
eggs*	2	4
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3920kJ (937Cal)	735kJ (176Cal)
Protein (g)	52.3g	9.8g
Fat, total (g)	42.5g	8.0g
- saturated (g)	13.0g	2.4g
Carbohydrate (g)	84.1g	15.8g
- sugars (g)	18.1g	3.4g
Sodium (mg)	1500mg	280mg

## 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.



## Make the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Make the slaw

In a large bowl, combine the remaining **rice wine vinegar** and a generous drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **carrot**, **shredded cabbage mix** and **mint** (reserving a pinch for garnish). Toss to combine and set aside.



## Get prepped

While the rice is cooking, grate the **ginger** (unpeeled). Grate the **carrot** (unpeeled). Pick and roughly chop the **mint** leaves. Thinly slice the **cucumber**. In a small bowl, combine the **sesame seeds** (see ingredients), **Sichuan garlic paste**, **honey**, **soy sauce**, **water (for the sauce)** and 1/2 the **rice wine vinegar**. Set aside.



## Cook the pork

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, add the **pork mince mixture** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Reduce the heat to low, then add the **Sichuan mixture**. Season with **pepper** and stir until well coated, **1 minute**. Transfer to a bowl. Return the pan to a medium-high heat with a drizzle of **olive oil** (if needed). Crack the **eggs** into the pan and cook until the egg whites are cooked and the yolks are just firm, **2-3 minutes**.



## Flavour the pork

In a medium bowl, combine the **pork mince**, **ginger** and remaining **garlic**. Set aside.



## Serve up

Divide the garlic rice between bowls. Top with the Chinese caramelised pork, rainbow slaw, cucumber and fried egg. Garnish with the **crushed peanuts** and reserved mint.

## Enjoy!