



Smokey BBQ Pork & Rapid Rice

with Mayonnaise, Chives & Charred Pineapple Slaw

Grab your Meal Kit with this symbol



Basmati Rice



Chicken-Style Stock Powder



Pineapple Slices



Chives



Barbecue Seasoning



Pork Loin Steaks



Shredded Cabbage Mix



Baby Spinach Leaves



Mayonnaise

Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Carb Smart

These spiced pork steaks have all the flavour of smokey barbeque in a fraction of the time! With a tangy pineapple slaw, a dollop of creamy mayo and a bed of quickly cooked rice, it's sure to become a staple speedy dinner in no time.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
butter*	20g	40g
pineapple slices	1 tin	2 tins
chives	1 bag	1 bag
barbecue seasoning	1 sachet	2 sachets
pork loin steaks	1 packet	1 packet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
mayonnaise	1 packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1896kJ (453Cal)	478kJ (114Cal)
Protein (g)	47.1g	11.9g
Fat, total (g)	16.7g	4.2g
- saturated (g)	3.4g	0.9g
Carbohydrate (g)	25.8g	6.5g
- sugars (g)	5.4g	1.4g
Sodium (mg)	1031mg	260mg
Sodium (mg)	3.5g	0.9g

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Cook the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**.
- Drain **rice** and return to the saucepan. Add **chicken-style stock powder** and **butter** and stir to combine. Cover to keep warm.



Cook the pork

- In a medium bowl, combine **barbecue seasoning**, a pinch of **salt** and a drizzle of **olive oil**. Add **pork loin steaks** and turn to coat.
- Return frying pan to a medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side. Remove pan from the heat, then add the **reserved pineapple juice**, turning **pork** to coat.
- Transfer to a plate, cover and rest for **5 minutes**.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

TIP: Pork can be served slightly blushing pink in the centre.



Prep the pineapple

- Meanwhile, reserve some **pineapple juice** (2 tbs for 2 people / 1/4 cup for 4 people), then drain **pineapple slices**.
- Heat a large frying pan over a high heat. Cook **pineapple slices** until lightly browned, **2-3 minutes** each side. Transfer to a plate and roughly chop.
- Thinly slice **chives**.



Serve up

- In a second medium bowl, combine **shredded cabbage mix**, **baby spinach leaves**, charred pineapple and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Slice smokey BBQ pork.
- Divide rapid rice between bowls. Top with pork (plus any resting juices) and charred pineapple slaw.
- Top with a dollop of **mayonnaise**. Garnish with chives to serve.

Enjoy!