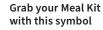
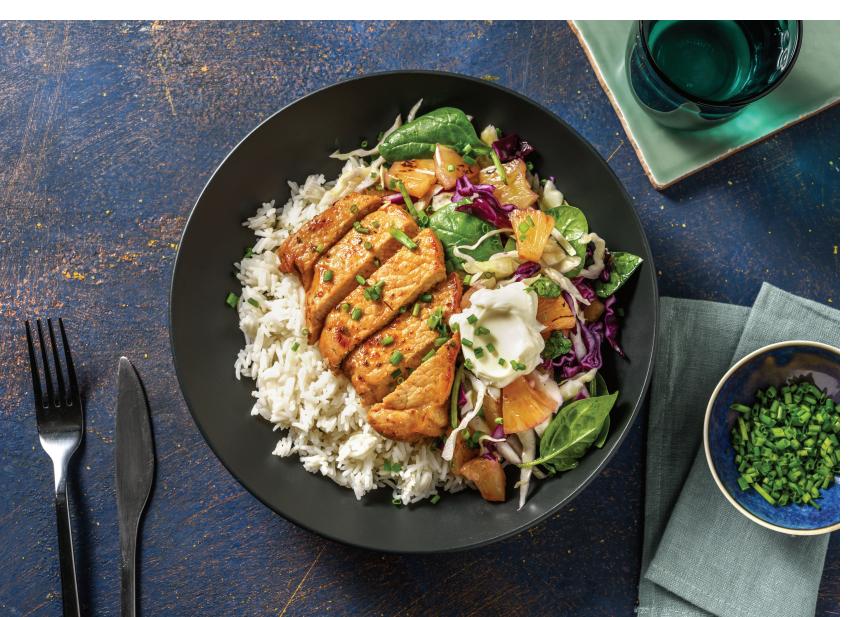


Smokey BBQ Pork & Rapid Rice with Mayonnaise, Chives & Charred Pineapple Slaw











Stock Powder



Pineapple Slices



Chives



Barbecue Seasoning



Pork Loin



Shredded Cabbage



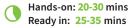




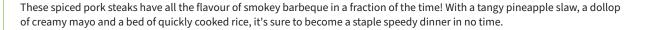
Mayonnaise

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

 ${\sf Medium\, saucepan \cdot Large\, frying\, pan}$

Ingredients

9		
	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.



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.



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.



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.



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!