



# Teriyaki Pork Bowl & Peanut Rice

with Coconut Sweet Chilli Sauce & Pickled Cucumber

Grab your Meal Kit with this symbol



Jasmine Rice



Cucumber



Garlic



Carrot



Capsicum



Teriyaki Sauce



Pork Mince



Roasted Peanuts



Coconut Sweet Chilli Mayonnaise

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

Get ready for an Asian-inspired meal that comes together in a flash. If you're a lover of sweet, zesty and umami, then you're going to love this teriyaki pork and veggie bowl bursting with colour and flavour. Bonus: the peanut rice adds loads of texture so that every bite has that crunch factor!

### Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce, Brown Sugar

## 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
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
cucumber	1 (medium)	1 (large)
rice wine vinegar*	¼ cup	½ cup
garlic	2 cloves	4 cloves
carrot	1	2
capsicum	1	2
teriyaki sauce	1 sachet (65g)	1 sachet (130g)
soy sauce*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	2 tbs	¼ cup
pork mince	1 packet	1 packet
roasted peanuts	1 packet	2 packets
coconut sweet	1 packet	1 packet
chilli mayonnaise	(50g)	(100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3454kJ (825Cal)	579kJ (138Cal)
Protein (g)	38.4g	6.4g
Fat, total (g)	34.7g	5.8g
- saturated (g)	7.7g	1.3g
Carbohydrate (g)	88g	14.8g
- sugars (g)	19.1g	3.2g
Sodium (mg)	944mg	158mg

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.



## Cook the rice

Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



## Pickle the cucumber

While the rice is cooking, thinly slice the **cucumber** into half-moons. In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Add the **cucumber** with just enough **water** to cover the cucumber and stir to coat. Set aside until serving.



## Get prepped

Finely chop the **garlic**. Thinly slice the **carrot** into half-moons. Thinly slice the **capsicum** into thin strips. In a small bowl, combine the **teriyaki sauce**, **soy sauce**, **brown sugar** and **water (for the sauce)**. Set aside.



## Cook the veggies

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **capsicum** until softened, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a bowl.



## Cook the pork

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **pork mince**, breaking it up with a spoon, until just browned, **4-5 minutes**. Add the **teriyaki glaze mixture** and stir to combine. Cook until slightly reduced, **1-2 minutes**. Return the **veggies** to the pan and stir until heated through, **1 minute**.



## Serve up

Drain the pickled cucumber. Stir the **roasted peanuts** through the rice. Divide the peanut rice between bowls and top with the teriyaki pork and veggies. Serve with the **coconut sweet chilli mayonnaise** and pickled cucumber.

Enjoy!