



Teriyaki Pork Stir-Fry

with Garlic Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Pork Loin Steaks



Carrot



Broccoli



Asian Greens



Ginger



Lime



Teriyaki Sauce



Crispy Shallots

Hands-on: **35 mins**
Ready in: **40 mins**

Whip up a tasty bowl of quick-cooking pork strips tossed with colourful veggies and an easy sauce packed with umami flavours. It's a takeaway standard made at home with ease!

Unfortunately, this week's green beans were in short supply, so we've replaced them with broccoli. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Butter, Honey, Soy Sauce

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

	4 People
olive oil*	refer to method
garlic	2 cloves
butter*	40g
jasmine rice	2 packets
water*	2½ cups
salt*	½ tsp
pork loin steaks	1 packet
honey*	1½ tbs
soy sauce*	1 tbs
carrot	2
broccoli	1 head
Asian greens	1 bunch
ginger	1 knob
lime	1
teriyaki sauce	2 sachets (260g)
crispy shallots	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3020kJ (720Cal)	668kJ (160Cal)
Protein (g)	45.5g	10.1g
Fat, total (g)	17.5g	3.9g
- saturated (g)	8.5g	1.9g
Carbohydrate (g)	90.9g	20.1g
- sugars (g)	27.1g	6.0g
Sodium (g)	1760mg	389mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [HelloFresh.co.nz/foodinfo](https://www.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 the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water** and the **salt** and 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!



2. Flavour the pork

While the rice is cooking, slice the **pork loin steaks** into 2cm strips. In a medium bowl, combine the **pork strips**, **honey**, **soy sauce** and a **drizzle of olive oil**. Set aside to marinate.



3. Prep the veggies

Thinly slice the **carrot** (unpeeled) into matchsticks (or cut into half-moons if you prefer!). Cut the **broccoli** into small florets, then roughly chop the stalk. Roughly chop the **Asian greens**. Finely grate the **ginger**. Slice the **lime** into wedges.



4. Cook the veggies

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **carrot** and **broccoli** and cook, tossing occasionally, until tender, **5-6 minutes**. Add the **Asian greens**, **ginger** and a **drizzle of olive oil** and cook until softened and fragrant, **1 minute**. Transfer the veggies to a bowl.



5. Cook the pork

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add **1/2** the **pork strips** and cook, tossing occasionally, until browned and cooked through, **2-3 minutes**. Transfer to the bowl with the **veggies** and repeat with the **remaining pork**. Return the **pork** and **veggies** to the frying pan along with the **teriyaki sauce** and a **generous squeeze of lime juice**. Toss to combine until heated through, then remove from the heat.



6. Serve up

Divide the garlic rice between bowls. Top with the teriyaki pork stir-fry. Garnish with the **crispy shallots** and serve with any remaining lime wedges.

Enjoy!