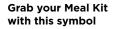
Teriyaki Pork Stir-Fry

with Garlic Rice & Crispy Shallots















Pork Loin Steaks





Broccoli





Ginger





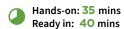
Teriyaki Sauce



Crispy Shallots

Pantry items

Olive Oil, Butter, Honey, Soy Sauce



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!

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
3020kJ (720Cal)	668kJ (160Cal)
45.5g	10.1g
17.5g	3.9g
8.5g	1.9g
90.9g	20.1g
27.1g	6.0g
1760mg	389mg
	3020kJ (720Cal) 45.5g 17.5g 8.5g 90.9g 27.1g

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.



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!