



# Thai-Spiced Pork & Sweet Chilli Veggies

with Ginger-Coconut Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Ginger



Coconut Milk



Basmati Rice



Broccoli



Carrot



Asian Greens



Lemon



Pork Loin Steaks



Thai Seven Spice Blend



Sweet Chilli Sauce



Crispy Shallots

**Hands-on:** 20-30 mins  
**Ready in:** 30-40 mins

It's a good thing this Thai dish is quick and easy to make because it smells so amazing as it cooks that it's tempting to eat it straight from the pan! But it's worth the wait, especially for the ginger-coconut rice which has got to be the tastiest accompaniment around.

*Unfortunately, this week's broccolini was in short supply, so we've replaced it with broccoli. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Butter, 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

	2 People	4 People
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
butter*	20g	40g
coconut milk	1 tin (200ml)	1 tin (400ml)
water* (for the rice)	¾ cup	1½ cups
salt* (for the rice)	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
broccoli	½ head	1 head
carrot	1	2
Asian greens	1 bunch	1 bunch
lemon	½	1
pork loin steaks	1 packet	1 packet
Thai seven spice blend	1 sachet	2 sachets
salt* (for the pork)	¼ tsp	½ tsp
water* (for the veggies)	2½ tbs	½ cup
sweet chilli sauce	1 packet (50g)	1 packet (100g)
soy sauce*	2 tsp	4 tsp
crispy shallots	1 packet	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3620kJ (865Cal)	650kJ (155Cal)
Protein (g)	48.5g	8.7g
Fat, total (g)	32.2g	5.8g
- saturated (g)	20.2g	3.6g
Carbohydrate (g)	88.0g	15.8g
- sugars (g)	19.6g	3.5g
Sodium (mg)	1430mg	256mg

### 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 ginger-coconut rice

Finely grate the **ginger**. In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **ginger** and cook until fragrant, **1 minute**. Add the **coconut milk**, **water (for the rice)** and **salt (for the rice)** and bring to the boil. Add the **basmati rice**, stir, then cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



## 4. Cook the pork

When the rice has **10 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Add the **pork** and cook, tossing often, until browned and cooked through, **2 minutes**. Transfer to a plate.



## 2. Get prepped

While the rice is cooking, cut the **broccoli (see ingredients list)** into small florets and roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into rounds. Roughly chop the **Asian greens**. Slice the **lemon (see ingredients list)** into wedges. Slice the **pork loin steaks** into 1cm strips.



## 5. Cook the veggies

Return the frying pan to a medium-high heat. Add the **broccoli**, **carrot** and **water (for the veggies)** to the pan and cook, tossing, until just tender, **4-5 minutes**. Add the **Asian greens** and cook, stirring, until wilted, **1 minute**. Add the **sweet chilli sauce**, **soy sauce** and return the **pork** to the pan, then toss to coat until well combined.



## 3. Season the pork

In a medium bowl, combine the **Thai seven spice blend** and **salt (for the pork)**. Add the **pork** and toss to coat.



## 6. Serve up

Divide the ginger-coconut rice between bowls. Top with the Thai-spiced pork and sweet chilli veggies. Sprinkle with the **crispy shallots** and serve with the lemon wedges.

**Enjoy!**