



Thai-Spiced Pork & Ginger-Coconut Rice

with Crispy Shallots

Grab your Meal Kit with this symbol



Ginger



Coconut Milk



Basmati Rice



Green Beans



Asian Greens



Carrot



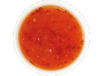
Garlic



Pork Loin Steaks



Thai Seven Spice Blend



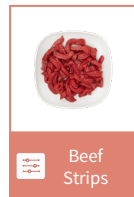
Sweet Chilli Sauce



Lemon



Crispy Shallots



Beef Strips

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.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
basmati rice	1 packet	1 packet
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 head	2 heads
carrot	1	2
garlic	1 clove	2 cloves
pork loin steaks	1 packet	1 packet
Thai seven spice blend	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
water* (for the veggies)	2 tbs	½ cup
sweet chilli sauce	50g	100g
soy sauce*	½ tbs	1 tbs
lemon	½	1
crispy shallots	1 packet	1 packet
beef strips**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3537kJ (845Cal)	543kJ (130Cal)
Protein (g)	46.8g	7.2g
Fat, total (g)	31.8g	4.9g
- saturated (g)	25.1g	3.9g
Carbohydrate (g)	89.3g	13.7g
- sugars (g)	18.4g	2.8g
Sodium (mg)	1226mg	188mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3604kJ (861Cal)	575kJ (137Cal)
Protein (g)	41.4g	6.6g
Fat, total (g)	36.1g	5.8g
- saturated (g)	27g	4.3g
Carbohydrate (g)	89.3g	14.3g
- sugars (g)	18.4g	2.9g
Sodium (mg)	1202mg	192mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2021 | CW52



Cook the rice

Finely grate the **ginger**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **ginger** until fragrant, **1 minute**. Add the **coconut milk**, **water (for the rice)** and a pinch of **salt** and bring to the boil. Add the **basmati rice**, stir, 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!



Cook the pork

When the rice has **10 minutes** cook time remaining, heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook the **pork**, tossing, until browned and cooked through, **2-3 minutes**. Transfer to a plate.

CUSTOM RECIPE

Heat the pan as above. When the oil is hot, cook the beef strips in batches until browned and cooked through, 2-3 minutes. Transfer to a plate.



Get prepped

While the rice is cooking, trim and halve the **green beans**. Roughly chop the **Asian greens**. Thinly slice the **carrot** into rounds. Finely chop the **garlic**. Slice the **pork loin steaks** into 1cm strips.



Bring it all together

Return the frying pan to a medium-high heat. Cook the **green beans**, **carrot** and **water (for the veggies)**, tossing, until just tender, **4-6 minutes**. Add the **Asian greens** and **garlic** and cook, stirring, until just wilted and fragrant, **2-3 minutes**. Add the **sweet chilli sauce**, **soy sauce** and **pork** (plus any resting juices) and toss to coat until well combined.

CUSTOM RECIPE

Add the beef to the veggies as above.



Flavour the pork

In a medium bowl, combine the **Thai seven spice blend**, a drizzle of **olive oil** and the **salt**. Add the **pork strips** and toss to coat.

CUSTOM RECIPE

If you've swapped pork loin steaks for beef strips, flavour the beef as above.



Serve up

Slice the **lemon** into wedges. Divide the ginger and coconut rice between bowls. Top with the Thai-spiced pork and veggies. Sprinkle with the **crispy shallots**. Serve with the lemon wedges.

Enjoy!