



Teriyaki Pork & Coconut Sweet Chilli Sauce

with Peanut Rice & Lime

Grab your Meal Kit
with this symbol



Jasmine Rice



Cucumber



Garlic



Carrot



Capsicum



Lime



Teriyaki Sauce



Pork Mince



Crushed Peanuts



Coconut Sweet
Chilli Mayonnaise



Beef
Mince



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



CUSTOM RECIPE

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

Pantry items

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

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3501kJ (836Cal)	605kJ (144Cal)
Protein (g)	37.1g	6.4g
Fat, total (g)	35.4g	6.1g
- saturated (g)	7.4g	1.3g
Carbohydrate (g)	87g	15g
- sugars (g)	22.5g	3.9g
Sodium (mg)	824mg	142mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3484kJ (832Cal)	602kJ (143Cal)
Protein (g)	40.7g	7g
Fat, total (g)	33.2g	5.7g
- saturated (g)	7.1g	1.2g
Carbohydrate (g)	87g	15g
- sugars (g)	22.5g	3.9g
Sodium (mg)	836mg	144mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/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.com.au/contact

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1



Cook the rice

In a medium saucepan, bring the **water (for the rice)** 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!

2



Prep the veggies

While the rice is cooking, thinly slice the **cucumber** into half-moons. Finely chop the **garlic**. Thinly slice the **carrot** into half-moons. Slice the **capsicum** into thin strips. Cut the **lime** into wedges.

3



Make the sauce

In a small bowl, combine the **teriyaki sauce** (see ingredients), **soy sauce**, **brown sugar** and **water (for the sauce)**.

4



Cook the veggies

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

5



Cook the pork

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **pork mince**, breaking up with a spoon, until just browned, **4-5 minutes**. Add the **teriyaki sauce mixture** and cook, stirring, until slightly reduced, **1-2 minutes**. Remove the pan from the heat. Return the **veggies** to the pan and stir to combine. Add the **crushed peanuts** to the rice and stir to combine.

6



Serve up

Divide the peanut rice between bowls and top with the teriyaki pork and veggies. Squeeze over the lime wedges. Top with the **coconut sweet chilli mayonnaise**. Serve with the cucumber.

Enjoy!



CUSTOM RECIPE

Cook your beef mince the same way as above!