



Asian-Style Sticky Pork with Veggie Rice

Rapid 20 Minutes

13



Basmati Rice



Bok Choy



Salted Peanuts



Coriander



Lime



Garlic Clove



Pork Loin Steak



Easy Ginger



Teriyaki Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Fine Grater and Frying Pan.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Bok Choy**	1	2	2
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1	1	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Pork Loin Steak**	2	3	4
Easy Ginger	1 sachet	1 sachet	2 sachets
Teriyaki Sauce 11)	1 sachet	2 sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	364g	100g
Energy (kJ/kcal)	2475 /592	680 /163
Fat (g)	13	4
Sat. Fat (g)	3	1
Carbohydrate (g)	81	22
Sugars (g)	15	4
Protein (g)	41	11
Salt (g)	2.45	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 11) Soya

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Cook the Rice

a) Bring a large saucepan of **water** to the boil with a ¼ tsp of **salt** for the **rice**.

b) When boiling, add the **rice** and cook for 12 mins.

c) Drain in a sieve.



Fry the Pork

a) Heat a splash of **oil** in a large frying pan on high heat.

b) When hot, add the **bok choy** and stir-fry until softened, 3-4 mins.

c) Remove the **bok choy** to a bowl and pop your pan back on high heat.

d) Add a drizzle of **oil** and the **pork**, stir-fry until browned all over, 4-5 mins.



Prep

a) Meanwhile, trim the **bok choy** then thinly slice widthways.

b) Roughly chop the **peanuts**.

c) Roughly chop the **coriander** (stalks and all).

d) Zest the **lime**, then chop into wedges.

e) Peel and grate the **garlic** (or use a garlic press).

f) Chop the **pork** into 2cm chunks. **IMPORTANT:** Wash your hands after handling raw meat.



Glaze it Up

a) Lower the heat to medium then pour the **sauce** into the pan.

b) Cook, coating the **pork** in the sticky **sauce**, for 2-3 mins. **IMPORTANT:** The pork is cooked when no longer pink in the middle. **TIP:** Add a splash of water if it dries out too much.

c) Meanwhile, in a large bowl gently toss together the **cooked rice**, **lime zest**, **bok choy**, **half** the **coriander** and **half** the **peanuts**.

d) Season to taste with **salt** and **pepper** if needed.



Make the Sauce

a) In a small bowl, stir together the **garlic**, **easy ginger**, **teriyaki sauce** and **half** the **lime juice**.

b) Add the **water**, stir together and set aside.



Serve

a) Divide the **rice** between plates and serve the **sticky pork** on top of it.

b) Finish by pouring any **sauce** left in the pan over the top and scattering over the remaining **peanuts** and **coriander**.

c) Top with the remaining **lime wedges** for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.