



STICKY SESAME PORK

with Rice



HELLO SESAME SEEDS

The seed pods burst open when ripe - hence the phrase 'Open Sesame' from Ali Baba!



Teriyaki Marinade Powder



Teriyaki Marinade Paste



Diced Pork



Green Beans



Spring Onion



Sesame Seeds



Steamed Basmati Rice

MEAL BAG

Total: 20 mins

1 of your 5 a day

Rapid recipe

Inspired by Japanese teriyaki flavours, Chef Lizzy has conjured up some culinary magic with this super quick pork and rice dish. The key to the stickiness of the pork is in bubbling the marinade down to the right consistency. Be patient people, it'll be worth it!

GET **PREPARED!**

Get out your utensils.

BEFORE YOU START

🧼 Wash the veggies. 🍴 Make sure you've got a **Mixing Bowl**, **Frying Pan** and **Measuring Jug**. Let's start cooking the **Sticky Sesame Pork with Rice**.



1 MARINATE THE PORK

- Mix together the **teriyaki marinade powder** and **paste** in a mixing bowl, then add the **diced pork**.
- Mix well with your hands to coat the **pork** then set aside.
- ★ **TIP:** Remember to wash your hands after handling raw meat!



2 PREP THE VEGGIES

- Trim the **green beans** then chop into thirds.
- Trim the ends from the **spring onion** then finely slice.



3 FRY THE PORK

- Heat a splash of **oil** in a large frying pan on medium-high heat.
- Add the **pork** and its **marinade** and stir-fry, 3 mins.
- Add the **green beans** and **half the spring onion** and stir-fry for another 3 mins.



4 SIMMER THE SAUCE

- Lower the heat, pour the **water** (see ingredients for amount) into the pan and simmer gently for 2 mins until the **pork** is cooked through and sticky.
- ★ **TIP:** The pork is cooked when it is no longer pink in the middle.
- Toss through **half the sesame seeds**.



5 COOK THE RICE

- Meanwhile, squeeze the pouch, tear the strip and microwave the **rice** at 800W for 2 mins (or stir-fry for 3 mins in a dry frying pan over a medium-high heat).



6 SERVE

- Serve the **rice** in bowls topped with the **sticky pork**.
- Finish with a sprinkling of the remaining **sesame seeds** and **spring onion**.

ENJOY!

2 PEOPLE INGREDIENTS

Teriyaki Marinade Powder (11) (13)	15g
Teriyaki Marinade Paste (11) (13) (14)	50g
Diced Pork	280g
Green Beans, chopped	1 pack
Spring Onion, sliced	3
Water*	75ml
Sesame Seeds (3)	15g
Steamed Basmati Rice	1 pack

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 407G	PER 100G	
Energy (kcal)	591	145	
	(kJ)	2492	611
Fat (g)	13	3	
Sat. Fat (g)	4	1	
Carbohydrate (g)	60	15	
Sugars (g)	18	4	
Protein (g)	59	15	
Salt (g)	1.92	0.47	

ALLERGENS

3) Sesame 11) Soya 13) Gluten 14) Sulphites

Teriyaki Marinade Powder: Sugar, soy sauce powder [soy sauce, maltodextrin, salt] (gluten), dried glucose, dried garlic, dried onion, caramelised sugar syrup powder, ground ginger, salt, natural flavouring, vegetable oil.

Teriyaki Marinade Paste: Sugar, Honey, White Wine Vinegar (sulphites), soy sauce (water, soybeans, wheat, salt), molasses, water, mirin, onion powder, garlic powder, ground ginger, salt, cornflour, red pepper, crushed chillies, parsley.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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