



SWEET & STICKY ASIAN PORK

with Coconut Rice & Garlic Veggies



Make coconut rice



Coconut Milk



Basmati Rice



Snow Peas



Broccolini



Carrot



Garlic



Coriander



Ginger



Oyster Sauce



Pork Loin Steaks

Pantry Staples: Olive Oil, Brown Sugar

Hands-on: **30** mins
Ready in: **35** mins

Simply irresistible is the name of the game for this meal. Coat pork in oyster sauce, ginger and garlic, with a little brown sugar to give it that delectable caramelised touch. Coconut rice and garlic veggies finish off this cracking combo.

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 COOK THE COCONUT RICE

In a medium saucepan, combine the **coconut milk**, **water (for the rice)** and the **salt** and bring to the boil over a high heat. 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!*



2 GET PREPPED

While the rice is cooking, trim the **snow peas**. Cut the **broccolini** into thirds and cut any larger stalks in half lengthways. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic** (or use a garlic press). Roughly chop the **coriander**. Finely grate the **ginger**. Slice the **pork loin steaks** into 1cm strips.



3 MAKE THE SAUCE

In a medium bowl, combine the **ginger**, **brown sugar**, **oyster sauce**, **water (for the sauce)** and **1/2 the garlic**.



4 COOK THE VEGGIES

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **broccolini**, **carrot** and a **splash** of **water** and cook, tossing, until tender, **6-7 minutes**. Add the **snow peas** and cook, tossing, until tender, **2 minutes**. Add the **remaining garlic** and cook until fragrant, **1-2 minutes**. Season with **salt** and **pepper** and transfer to a plate. Cover to keep warm.



5 COOK THE PORK

Return the pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **pork** strips to the pan. Cook, tossing, until browned and cooked through, **2-3 minutes**. Add the **ginger-oyster sauce** to the pan and heat until bubbling and reduced, **2-3 minutes**. **TIP:** *If your pan is getting crowded, cook the pork in batches for best results!*



6 SERVE UP

Divide the coconut rice between bowls and top with the sticky Asian pork and garlic veggies. Spoon over any excess sauce and garnish with the coriander.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
coconut milk	1 tin (400ml)
water* (for the rice)	1 1/4 cups
salt*	1/2 tsp
basmati rice	2 packets
snow peas	1 bag (200g)
broccolini	1 bunch
carrot	2
garlic	2 cloves
coriander	1 bunch
ginger	1 knob
pork loin steaks	2 packets
brown sugar*	2 tbs
oyster sauce	2 packets
water* (for the sauce)	4 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3150kJ (753Cal)	598kJ (143Cal)
Protein (g)	49.2g	9.3g
Fat, total (g)	20.4g	3.9g
- saturated (g)	12.9g	2.5g
Carbohydrate (g)	86.7g	16.4g
- sugars (g)	18.5g	3.5g
Sodium (g)	1560mg	295mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
Hello@HelloFresh.co.nz

2020 | WK02

HelloFRESH