



TERIYAKI PORK RICE BOWL

with Crunchy Salad



HELLO SPRING ONION

Spring Onions are also referred to as Scallions and are actually baby onions which, if left to mature, would turn into full onions!



Teriyaki Pork Steak



Spring Onion



Baby Gem Lettuce



Carrot



Rice Vinegar



Soy Sauce



Honey



Sesame Seeds



Steamed Coconut Basmati Rice

Normally, marinating meat takes hours! But our delicious teriyaki pork is pre-marinated by our lovely suppliers so you can have dinner on the table in 15 mins! And who doesn't love teriyaki? Especially when it's served with a deliciously fresh salad dressed in Chef Lizzy's special rice vinegar dressing. Enjoy!

15 mins

1 of your 5 a day

Rapid recipe

GET PREPARED!

Get out your Utensils

MEAL BAG

20

BEFORE YOU START

- 🔪 Get out your **Utensils**.
- 🧼 Wash the veggies.
- 🍴 Make sure you've got **Large Frying Pan** and **Peeler**. Let's start cooking the **Teriyaki Pork Rice Bowl with Crunchy Salad**



1 COOK THE PORK

- Heat a drizzle of **oil** in a large frying pan or wok on high heat. Chop the **pork** into 2cm chunks. **🚫 IMPORTANT:** Wash your hands and equipment after handling raw meat.
- Add to the pan, lower the heat slightly and fry, stirring occasionally, until browned and cooked through, 7-9 mins. **★ TIP:** Adjust the heat if needed to make sure the pork doesn't burn - you want it nice and browned though! **🚫 IMPORTANT:** The pork is cooked when no longer pink in the middle.



4 SAUCE IT UP

- In a small bowl, combine the **soy sauce**, **honey** and 1 tbsp **water** per person.
- When the **pork** has 2 mins left, reduce the heat slightly, stir in **half** the **spring onions**, **half** the **sesame seeds** and all the **sauce**.
- Bubble until glossy.



2 PREP

- Meanwhile, trim the **spring onion** and slice thinly.
- Trim the root from the **baby gem lettuce** then half lengthways. Thinly slice widthways.
- Trim the **carrot**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **carrot**.



5 COOK THE RICE

- Meanwhile, cook the **rice** according to pack instructions.



3 MAKE THE SALAD

- Pop the **baby gem** and **carrot** in a bowl.
- Add the **rice vinegar** and a pinch of **salt**, sugar and **pepper**.
- Toss to coat and set aside.



6 SERVE

- Serve the **rice** in bowls. Arrange the **crunchy salad** on one side and the **teriyaki pork** on the other.
- Finish by sprinkling the remaining **spring onion** and **sesame seeds** all over.!

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Teriyaki Pork Steak	2	3	4
Spring Onion	1	2	3
Baby Gem Lettuce	1	1½	2
Carrot	1	1½	2
Rice Vinegar	1	1½	2
Soy Sauce 11) 13)	sachet	sachets	sachets
Honey	1	1½	2
Sesame Seeds 3)	sachet	sachets	sachets
Steamed Coconut	1 small bag	1 large bag	2 small bags
Basmati Rice	1 pack	1½ packs	2 packs

*Not Included
* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 390G	PER 100G
Energy (kcal)	580	149
(kJ)	2425	623
Fat (g)	29	8
Sat. Fat (g)	11	3
Carbohydrate (g)	47	12
Sugars (g)	14	4
Protein (g)	31	8
Salt (g)	4.22	1.08

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

3) Sesame 11) Soya 13) Gluten

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

👍 THUMBS UP OR THUMBS DOWN?

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