



Pork Bun Cha Rice Bowl

with Rainbow Veggies & Sweet Chilli Sauce

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Red Onion



Carrot



Cucumber



Asian Greens



Pork Mince



Oyster Sauce



Fine Breadcrumbs



Mint



Long Green Chilli (Optional)



Sweet Chilli Sauce



Beef Mince

- Hands-on: 25-35 mins
- Ready in: 30-40 mins
- Spicy (optional long green chilli)

Discover classic Vietnamese flavours with a whole new twist! Take tasty garlic rice piled with saucy pork meatballs and cucumber, carrot and sautéed greens, and you've got a dinnertime hit. Serve with pickled onion for an extra punch of flavour.

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

Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Soy Sauce

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
garlic	4 cloves	8 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water*	1¼ cups	2½ cups
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
carrot	1	2
cucumber	1 (medium)	1 (large)
Asian greens	1 head	2 heads
pork mince	1 packet	1 packet
oyster sauce	1 packet (45g)	1 packet (100g)
fine breadcrumbs	1 packet	1 packet
soy sauce*	1 tbs	2 tbs
mint	1 bag	1 bag
long green chilli (optional)	½	1
sweet chilli sauce	1 packet (50g)	1 packet (100g)
beef mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3296kJ (787Cal)	537kJ (128Cal)
Protein (g)	35.3g	5.8g
Fat, total (g)	28.5g	4.6g
- saturated (g)	11.5g	1.9g
Carbohydrate (g)	96.2g	15.7g
- sugars (g)	18.7g	3g
Sodium (mg)	1503mg	245mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3409kJ (814Cal)	555kJ (132Cal)
Protein (g)	38.7g	6.3g
Fat, total (g)	26.9g	4.4g
- saturated (g)	12.8g	2.1g
Carbohydrate (g)	96.2g	15.7g
- sugars (g)	18.7g	3g
Sodium (mg)	1486mg	242mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/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.co.nz/contact

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Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **jasmine rice**, the **water** and a pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the meatballs

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **meatballs**, turning occasionally, until browned and cooked through, **8-10 minutes**. Transfer to a plate.

TIP: Reduce the heat if your meatballs are browning too quickly.

CUSTOM RECIPE

Cook the beef meatballs in the same way as above.



Get prepped

While the rice is cooking, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the **pickling liquid** with just enough **water** to cover the onion. Stir to coat and set aside. Cut the **carrot** into thin sticks (or grate if you prefer). Thinly slice the **cucumber** into rounds. Roughly chop the **Asian greens**.



Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil** if needed. Cook the **carrot** until just tender, **2-3 minutes**. Add the **Asian greens** and **soy sauce** and cook, tossing, until wilted, **1-2 minutes**.



Make the meatballs

In a large bowl, combine the **pork mince**, **oyster sauce**, **fine breadcrumbs** and remaining **garlic**. Using damp hands, roll heaped spoonfuls of the **pork mixture** into small meatballs. Transfer to a plate. You should get 5-6 meatballs per person.

CUSTOM RECIPE

If you've swapped your pork mince for beef mince, combine the beef in the same way as above!



Serve up

Pick and thinly slice the **mint** leaves. Thinly slice the **long green chilli** (if using). Drain the pickled onion. Divide the garlic rice between bowls. Top with the soy veggies, cucumber, pork meatballs and pickled onion. Drizzle with the **sweet chilli sauce**. Garnish with the mint and chilli to serve.

Enjoy!