

Vietnamese-Style Pulled Pork Bowl

with Pickled Onion & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Red Onion



Asian Greens



Broccoli



Carrot



Coriander



Hoisin Sauce



Pulled Pork



Crushed Peanuts

 Hands-on: 20-25 mins
Ready in: 25-35 mins

Discover classic Vietnamese flavours with a whole new twist! Take tasty garlic rice piled with saucy pulled pork and sautéed garlic veggies, and you've got a dinner-time hit. Serve with quick-pickled onion for an extra punch of flavour.

Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Soy Sauce, Brown Sugar

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* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
red onion	½	1
rice wine vinegar* (for the pickle)	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
Asian greens	1 packet	1 packet
broccolini	1 bunch	1 bunch
carrot	1	2
coriander	1 bunch	1 bunch
hoisin sauce	1 packet (75g)	2 packets (150g)
soy sauce*	2 tbs	¼ cup
rice wine vinegar* (for the sauce)	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	¼ cup	½ cup
pulled pork	1 packet	1 packet
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3050kJ (729Cal)	625kJ (149Cal)
Protein (g)	41.5g	8.5g
Fat, total (g)	21.0g	4.3g
- saturated (g)	8.1g	1.7g
Carbohydrate (g)	91.1g	18.7g
- sugars (g)	22.8g	4.7g
Sodium (mg)	2350mg	482mg

Allergens

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

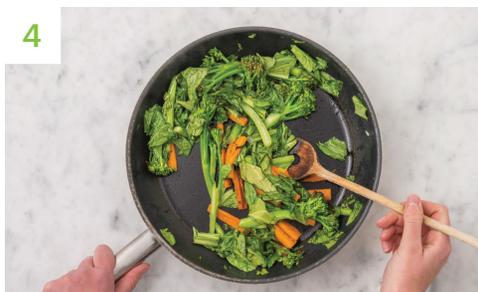
Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **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 veggies

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Add the **broccolini** and **carrot** and cook, tossing, until just tender, **4-5 minutes**. Add the **Asian greens** and remaining **garlic**. Cook, until fragrant, **1-2 minutes**. Transfer to a bowl and cover to keep warm.



Pickle the onion

While the rice is cooking, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **onion**, **rice wine vinegar (for the pickle)**, **water (for the pickle)** and a good pinch of **sugar** and **salt**. Add the **onion** to the pickling liquid and stir to coat. Set aside until serving.



Cook the pulled pork

When the rice has **5 minutes** left, return the frying pan to a medium-high heat with a generous drizzle of **olive oil**. Add the **pulled pork** and cook until fragrant and warmed through, **2 minutes**. Remove the pan from the heat. Add the **hoisin sauce mixture** to the pork and stir to combine.



Get prepped

Roughly chop the **Asian greens**. Trim and halve the **broccolini** lengthways. Cut the **carrot** (unpeeled) into batons. Roughly chop the **coriander**. In a small bowl, combine the **hoisin sauce**, **soy sauce**, **rice wine vinegar (for the sauce)**, **brown sugar** and **water (for the sauce)**. Set aside.



Serve up

Drain the pickled onion. Divide the garlic rice between bowls. Top with the garlic veggies, hoisin pulled pork and pickled onion. Spoon over any remaining sauce in the pan. Garnish with the **crushed peanuts** and coriander.

Enjoy!