



# GINGER SOY PORK & BROCCOLI STIR-FRY

with Baby Bok Choy & Roasted Cashews



Cook a pork stir-fry



Hands-on: 20 mins  
Ready in: 35 mins

This dish is super quick, but will be made all the more incredible by allowing the pork strips to marinate for as long as possible. This will ensure perfectly flavoured and tender pieces. If you can, we highly recommend prepping them in the morning for an amazing result. Then, it all comes together in a flash in one pan!



Basmati Rice



Ginger



Garlic



Baby Bok Choy



Broccoli



Spring Onions



Pork Loin



Roasted Cashews

## Pantry Staples



Olive Oil



Water



Honey



Vinegar (White Wine Or  
Apple Cider)

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **sieve**, **medium saucepan** with a **lid**, **fine grater**, **chef's knife**, **chopping board**, **medium bowl**, **fork**, **large frying pan**, **wooden spoon** and a **large bowl**.



## 1 COOK THE RICE

Rinse the **basmati rice** well. Bring the rice and the **water** (**check the ingredients list for the amount**) to the boil in a medium saucepan over a high heat. Reduce the heat to medium and simmer, uncovered, for **8-10 minutes**, or until the rice is soft. Drain and return to the saucepan. Cover with a lid to keep warm.



## 2 GET PREPPED

While the rice is cooking, peel and finely grate the **ginger**. Peel and finely grate the **garlic**. Slice the **pork loin** steak into 0.5 cm thick strips. Cut the **broccoli** into small florets and finely chop the stalk. Roughly chop the **baby bok choy**. Roughly chop the **spring onion** (green and white sections).



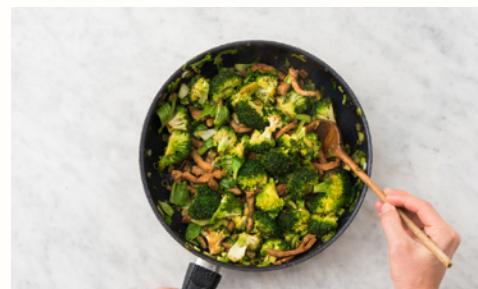
## 3 MARINATE THE PORK

In a medium bowl, add the **ginger**, the **garlic**, the **honey**, the **vinegar** and the **soy sauce** and whisk with a fork to combine. Add the **pork loin** strips and toss to coat in the marinade.



## 4 COOK PORK STRIPS

Heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Add **1/3** of the **pork strips** into the pan (reserve the remaining marinade in the bowl) and cook for **2-3 minutes**, or until golden. Transfer the seared pork strips to a large bowl and cook the remaining pork. **TIP:** Cooking the meat in batches will avoid overcrowding the pan and will stop your meat from stewing and becoming tough.



## 5 ADD THE VEGETABLES

Return the pan to a medium heat and add a **drizzle** of **olive oil** (if needed). Add the **broccoli** and cook for **5 minutes**, or until tender. **TIP:** Add a dash of water to the broccoli to speed up the cooking process. Add the **pork strips**, the **baby bok choy** and the **spring onions** to the pan and pour in any **remaining marinade**. Cook, stirring, for **1 minute**, or until the baby bok choy has wilted.



## 6 SERVE UP

Divide the rice between bowls and top with the ginger-soy pork and vegetable stir-fry. Sprinkle over the **roasted cashews**.

## ENJOY!

# 4-5 PEOPLE INGREDIENTS

| 4-5P                                 |                      |
|--------------------------------------|----------------------|
| olive oil*                           | refer to method      |
| basmati rice                         | 2 packets (1 ½ cups) |
| water*                               | 6 cups               |
| ginger                               | 1 knob               |
| garlic                               | 3 cloves             |
| pork loin                            | 1 packet             |
| broccoli                             | 1 head               |
| baby bok choy                        | 1 bunch              |
| spring onion                         | 1 bunch              |
| honey*                               | ¼ cup                |
| vinegar* (white wine or apple cider) | 1 tbs                |
| soy sauce*                           | ¼ cup                |
| roasted cashews                      | 1 packet (¼ cup)     |

\*Pantry Items | ⓘ This ingredient can be found in your herb bag

| NUTRITION        | PER SERVING     | PER 100G      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 2510kJ (601Cal) | 335kJ (80Cal) |
| Protein (g)      | 47.8g           | 6.4g          |
| Fat, total (g)   | 9.1g            | 1.2g          |
| - saturated (g)  | 1.8g            | 0.2g          |
| Carbohydrate (g) | 77.4g           | 10.3g         |
| - sugars (g)     | 16.2g           | 2.2g          |
| Sodium (mg)      | 758mg           | 101mg         |

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