



Glazed Thai Pork Fillet

with Garlic Vegetables & Ginger-Kaffir Lime Rice

Grab your Meal Kit with this symbol



Ginger



Kaffir Lime Leaves



Jasmine Rice



Premium Pork Fillet



Thai Seven Spice Blend



Garlic



Lime



Broccolini



Mint



Long Red Chilli (Optional)



Oyster Sauce



Baby Corn

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

Serve up a fancy dinner with a difference! Baste a tender pork fillet in an Asian-style glaze with oyster sauce for a flavoursome result, then add a combination of elegant veggies and ginger-kaffir lime rice to complete your special occasion feast.

Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar

Before you start

Our fruit and veggies need a little wash first!

You will need

Medium saucepan with a lid · Large frying pan
· Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
kaffir lime leaves	2 leaves	4 leaves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
premium pork fillet	1 packet	2 packets
Thai seven spice blend	1 sachet	2 sachets
garlic	1 clove	2 cloves
lime	1	2
broccolini	1 bunch	2 bunches
mint	1 bunch	1 bunch
long red chilli (optional)	1	2
oyster sauce	1 tub (50g)	1 tub (100g)
soy sauce*	1 tsp	2 tsp
brown sugar*	2 tsp	1 tbs
water* (for the sauce)	¼ cup	½ cup
baby corn	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3580kJ (854Cal)	681kJ (163Cal)
Protein (g)	64.7g	12.3g
Fat, total (g)	23.0g	4.4g
- saturated (g)	10.7g	2.0g
Carbohydrate (g)	95.1g	18.1g
- sugars (g)	14.4g	2.8g
Sodium (g)	1750mg	334mg

Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

Fancy a Drop?

We recommend pairing this meal with Riesling or Pinot Gris.



1. Cook the rice

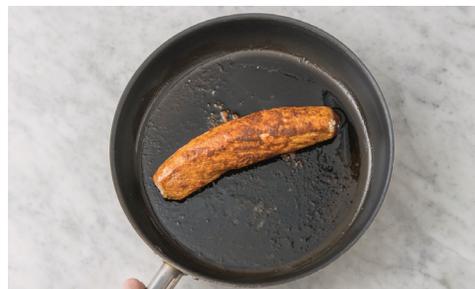
Preheat the oven to **220°C/200°C fan-forced**. Finely grate the **ginger**. Remove the centre veins from the **kaffir lime leaves**, then very thinly slice. Heat a medium saucepan over a medium heat with the **butter** and a **drizzle of olive oil**. Add the **ginger** and cook until fragrant, **1 minute**. Add the **water (for the rice)** and **kaffir lime leaves** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



4. Make the glaze

Return the frying pan to a medium heat. Pour in the **oyster sauce mixture** and cook until gently bubbling and thickened slightly, **2-3 minutes**. Return to the bowl and set aside. When the pork is out of the oven, spoon over the **oyster sauce glaze** and roll the pork to coat. Cover loosely with foil and set aside to rest.



2. Cook the pork

While the rice is cooking, add the **premium pork fillet** and **Thai seven spice blend** to a bowl. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Heat a **drizzle of olive oil** in a large frying pan over a high heat. When the oil is hot, add the **pork** and cook, turning, until browned all over, **4 minutes**. Transfer to an oven tray lined with baking paper. Roast for **15-17 minutes** for medium, or until cooked to your liking.

TIP: Pork can be served slightly blushing in the centre.



5. Cook the veggies

While the pork is resting, wipe out the frying pan and return to a medium-high heat. Add the **broccolini** and **baby corn**, then a dash of water and cook, tossing, until softened, **5-6 minutes**. Add a **drizzle of olive oil** to the pan along with the **garlic** and cook until fragrant, **1 minute**.



3. Get prepped

When the pork is roasting, finely chop the **garlic** (or use a garlic press). Slice the **lime** into wedges. Trim the **broccolini**. Pick the **mint** leaves and thinly slice. Thinly slice the **long red chilli** (if using). In a small bowl, combine the **oyster sauce**, **soy sauce**, **brown sugar**, **water (for the sauce)** and a **good squeeze of lime juice**. Set aside.



6. Serve up

Thickly slice the pork fillet. Divide the ginger-kaffir lime rice between plates. Top with the garlic veggies and glazed Thai pork fillet. Spoon over any glaze remaining on the oven tray and garnish with mint and chilli. Serve with the remaining lime wedges.

Enjoy!