

Southeast Asian Pork & Sesame Dressing

with Basmati Rice & Pickled Cucumber

Grab your Meal Kit with this symbol



Vegetable Stock Powder



Basmati Rice



Cucumber



Carrot



Asian Greens



Sesame Seeds



Mayonnaise



Pork Loin Steaks



Southeast Asian Spice Blend



Long Red Chilli (Optional)



Crushed Peanuts

-  Hands-on: **20-30 mins**
-  Ready in: **30-40 mins**
-  Spicy (Optional long red chilli)

Whip up a tasty bowl of Asian-spiced pork strips tossed with colourful veggies and an easy sesame sauce packed with umami flavours. With added crunch from the pickled cucumber and crushed peanuts, what's not to love?

Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce, 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
water*	1½ cups	3 cups
vegetable stock powder	1 sachet	1 sachet
basmati rice	1 packet	1 packet
cucumber	1 (medium)	1 (large)
rice wine vinegar* (for the pickle)	¼ cup	½ cup
carrot	1	2
Asian greens	1 packet	1 packet
sesame seeds	1 sachet	2 sachets
mayonnaise	1 packet (100g)	2 packets (200g)
soy sauce*	½ tbs	1 tbs
sugar*	½ tbs	1 tbs
rice wine vinegar* (for the sauce)	½ tbs	1 tbs
pork loin steaks	1 packet	1 packet
Southeast Asian spice blend	1 sachet	1 sachet
long red chilli (optional)	½	1
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4124kJ (985Cal)	661kJ (157Cal)
Protein (g)	51.8g	8.3g
Fat, total (g)	48.7g	7.8g
- saturated (g)	5.8g	0.9g
Carbohydrate (g)	84.6g	13.6g
- sugars (g)	14.2g	2.3g
Sodium (mg)	1202mg	193mg

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 rice

In a medium saucepan, bring the **water** and the **vegetable stock powder** to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove from the heat and set aside, covered, until the rice is tender and the water is absorbed, **10 minutes**.

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



Cook the pork

Slice the **pork loin steaks** into 2cm strips. In a medium bowl, combine the **Southeast Asian spice blend** and a drizzle of **olive oil**. Add the **pork strips** and toss to coat. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **pork**, in batches, tossing, until golden, **2-3 minutes**. Transfer to a plate.



Pickle the cucumber

While the rice is cooking, thinly slice the **cucumber**. In a small bowl, add the **rice wine vinegar (for the pickle)** and a generous pinch of **salt** and **sugar**. Add the **cucumber** to the **pickling liquid** with just enough **water** to cover the cucumber. Stir to coat and set aside until serving.



Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** until tender, **3-4 minutes**. Add the **Asian greens** and cook until wilted, **2 minutes**. Season to taste.



Get prepped

While the cucumber is pickling, thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl and allow to cool slightly. Add the **mayonnaise**, **soy sauce**, **sugar** and **rice wine vinegar (for the sauce)** to the toasted **sesame seeds**. Mix well to combine. Set aside.



Serve up

Thinly slice the **long red chilli** (if using). Drain the pickled cucumber. Divide the basmati rice between bowls and top with the Southeast Asian pork and sautéed veggies. Spoon over the sesame dressing. Garnish with the pickled cucumber, chilli and **crushed peanuts**.

Enjoy!