



Southeast Asian Pork Rice Bowl

with Sesame Dressing & Pickled Onion

Grab your Meal Kit with this symbol



Vegetable Stock



Basmati Rice



Red Onion



Green Beans



Asian Greens



Pork Strips



Southeast Asian Spice Blend



Long Red Chilli (Optional)



Sesame Dressing



Roasted Peanuts



Chicken Tenderloin

Hands-on: **15-25 mins**
Ready in: **25-35 mins**

Naturally gluten-free
Not suitable for Coeliacs

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 onion and crushed peanuts, what's not to love?



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

Pantry items

Olive Oil, Rice Wine Vinegar (or White Wine Vinegar)

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	1 cube	2 cubes
basmati rice	1 packet	2 packets
red onion	½	1
rice wine vinegar* (or white wine vinegar)	3½ tbs	7 tbs
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 bunch	2 bunches
pork strips	1 small packet	1 large packet
Southeast Asian spice blend	1 sachet	2 sachets
long red chilli (optional)	½	1
sesame dressing	1 packet (60g)	2 packets (120g)
roasted peanuts	1 packet	2 packets
chicken tenderloin**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3159kJ (755Cal)	619kJ (148Cal)
Protein (g)	40.5g	7.9g
Fat, total (g)	31.4g	6.2g
- saturated (g)	5.1g	1g
Carbohydrate (g)	73.1g	14.3g
- sugars (g)	11g	14.3g
Sodium (mg)	1835mg	360mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2874kJ (686Cal)	537kJ (128Cal)
Protein (g)	47.7g	8.9g
Fat, total (g)	21.6g	4g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	71.3g	13.3g
- sugars (g)	10.4g	1.9g
Sodium (mg)	1192mg	223mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/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.com.au/contact

2021 | CW20



1 Cook the rice

In a medium saucepan, bring the **water** and the crumbled **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people) 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!



4 Cook the pork

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. In a medium bowl, combine the **pork strips** and **Southeast Asian spice blend**. Toss to coat. Cook the **pork strips**, in batches, until golden, **2-3 minutes**. Transfer to a plate.

 **CUSTOM RECIPE**

Heat pan as above. In a medium bowl, combine the chicken and Southeast Asian spice blend. Toss to coat. Cook the chicken, in batches, until golden and cooked through, 2-3 minutes. Transfer to a plate.



2 Pickle the onion

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 sliced onion in your hands, then add it to the pickling liquid. Add just enough **water** to cover the onion and set aside until serving.



5 Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **green beans** until tender, **4-5 minutes**. Add the **Asian greens** until wilted, **1-2 minutes**. Season with **salt** and **pepper**.



3 Get prepped

While the onion is pickling, trim and halve the **green beans**. Roughly chop the **Asian greens**.

 **CUSTOM RECIPE**

Cut the chicken tenderloin into 2cm strips.



6 Serve up

Thinly slice the **long red chilli** (if using). Drain the pickled onion. Divide the rice between bowls and top with the Southeast Asian pork and cooked veggies. Drizzle over the **sesame dressing** and garnish with the pickled onion, chilli and **roasted peanuts**.

Enjoy!