



More Than Food
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Tamarind Glazed Pork with Stir Fried Peppers and Fragrant Basmati Rice

The thing about tamarind is that it adds a beautiful tang to dishes, but it's got a little bit of sweetness too. Sounds a bit like apple and as apple is normally pork's partner in crime, we're pretty sure tamarind is going to go down a storm!

 30 mins

 family box

 lactose free

 healthy



Brown Basmati Rice
(2 cups)



Cinnamon Stick (1)



Red Pepper (2)



Garlic Clove (1)



Coriander (1 bunch)



Pork Medallion (4)



Tamarind Sauce
(2 tbsp)



Sugar (1 tbsp)



Soy Sauce
(1½ tbsp)



Honey (1 tbsp)

4 PEOPLE INGREDIENTS

- Brown Basmati Rice
- Cinnamon Stick
- Red Pepper, sliced
- Garlic Clove, grated
- Coriander, chopped

2 cups

1

2

1

1 bunch

- Pork Medallion
- Tamarind Sauce
- Sugar
- Soy Sauce
- Honey

4

2 tbsp

1 tbsp

1½ tbsp

1 tbsp



Our fruit and veggies may need a little wash before cooking!

Did you know...

Tamarind is said to be native to Africa and grows on very tall trees.

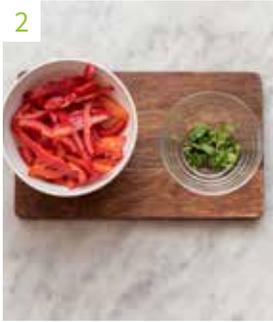
Allergens: Gluten, Soya.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	594 kcal / 2497 kJ	21 g	7 g	62 g	9 g	39 g	1 g
Per 100g	140 kcal / 590 kJ	5 g	2 g	15 g	2 g	9 g	0 g

Soy Sauce Ingredients: Water, Soybeans, Wheat, Salt.

2



1 Pop a pot of water onto high heat and bring to the boil. When boiling, pour in the **brown basmati rice**, **cinnamon stick** and a generous pinch of **salt**. Cook for 25 mins and then drain. Return the **rice** to the pot and keep warm by covering the pot with a lid.

2 Pre-heat your grill to medium. While your **rice** cooks, prepare the vegetables. Remove the core from the **red pepper** and chop into 1cm thick slices. Peel and grate the **garlic**. Roughly chop the **coriander**.

4



3 Mix the **pork** with the **tamarind sauce** and the **sugar** (if you have some). Mix well and then add a third of the **soy sauce**.

4 Grill the **pork** on a baking tray lined with foil for 16 mins. Turn after 8 mins. **Tip:** *The pork are cooked when the centre is no longer pink.*

5



5 As your **pork** cooks, heat a frying pan or wok over high heat. Add a splash of **olive oil** and when the oil is hot, cook the **red peppers** for 10 mins, stirring frequently. After 10 mins, add the **garlic** and the remaining **soy sauce**. Cook for 1 minute longer and then remove the pan from the heat. Mix in the chopped **coriander**.

6 Pop your cooked **pork** into a bowl with any of the cooked marinade and juices from the foil. Let them rest for a minute or so. Cut each piece of **pork** into five slices when you are ready to serve and reserve any of the cooked marinade and juices. Mix the **honey** into the cooking juices from your **pork**.

6



7 To serve, spoon a generous amount of your **rice** onto the centre of your plate. Top with some **red peppers** and then with your sliced **pork**. Drizzle your **tamarind** and **honey** juices on top and enjoy!

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