

# Vietnamese Caramelised Pork Bowl

with Garlic Rice, Rainbow Slaw & Fried Egg

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Pork Mince



Ginger



Carrot



Mint



Cucumber



Sesame Oil Blend



Shredded Cabbage Mix



Oyster Sauce



Crushed Peanuts



Beef Mince

Hands-on: 20-30 mins  
Ready in: 30-40 mins

This bountiful bowl has "new favourite" written all over it! The oyster sauce is the key ingredient, giving a delicious flavour kick to the mince. With tender rainbow veggies, garlic rice and a fried egg to top things off, it's a winner from start to finish.



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

### Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Brown Sugar, Soy Sauce, Eggs

## 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
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
carrot	1	2
mint	1 bunch	1 bunch
cucumber	1 (medium)	1 (large)
pork mince	1 packet	1 packet
sesame oil blend	½ packet (7.5g)	1 packet (15g)
rice wine vinegar*	½ tbs	1 tbs
shredded cabbage mix	1 bag (150g)	1 bag (300g)
brown sugar*	½ tbs	1 tbs
oyster sauce	1 packet (45g)	1 packet (100g)
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	2 tbs	¼ cup
eggs*	2	4
crushed peanuts	1 packet	2 packets
beef mince**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

### Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3821kJ (913Cal)	646kJ (154Cal)
Protein (g)	45.1g	7.6g
Fat, total (g)	43.5g	7.4g
- saturated (g)	14.1g	2.4g
Carbohydrate (g)	82.2g	13.9g
- sugars (g)	13.6g	2.3g
Sodium (mg)	1611mg	272mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3531kJ (843Cal)	597kJ (142Cal)
Protein (g)	47.3g	8g
Fat, total (g)	34.9g	5.9g
- saturated (g)	11.2g	1.9g
Carbohydrate (g)	82.2g	13.9g
- sugars (g)	13.6g	2.3g
Sodium (mg)	1607mg	272mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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.co.nz/contact](https://hellofresh.co.nz/contact)

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## Make the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

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



## Make the slaw

In a large bowl, combine the **rice wine vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **carrot**, **shredded cabbage mix** and **mint** (reserving a pinch for a garnish). Toss to combine and set aside.



## Get prepped

While the rice is cooking, grate the **ginger** and **carrot**. Pick and roughly chop the **mint** leaves. Thinly slice the **cucumber**.



## Cook the pork

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **pork mixture**, breaking it up with a spoon, until browned, **3-4 minutes**. Add the **brown sugar** and cook, stirring, until sticky, **1 minute**. Reduce the heat to low, then add the **oyster sauce**, **soy sauce** and **water (for the sauce)**. Season with **pepper** and toss until well coated, **1 minute**. Transfer to a plate. Return the pan to a medium-high heat with a drizzle of **olive oil** (if needed). Crack the **eggs** into the pan and cook until the egg whites are cooked and the yolks are just firm, **2-3 minutes**.

 **CUSTOM RECIPE**

Cook the beef mince in the same way as the pork!



## Flavour the pork

In a medium bowl, combine the **pork mince**, **ginger**, remaining **garlic** and the **sesame oil blend** (see ingredients).

 **CUSTOM RECIPE**

In a medium bowl, flavour the beef mince as above.



## Serve up

Divide the garlic rice between bowls. Top with the caramelised pork, rainbow slaw, cucumber and fried egg. Garnish with the **crushed peanuts** and reserved mint.

## Enjoy!