



Vietnamese-Style Pork & Slaw Bowl

with Crispy Shallots & Fried Egg

Grab your Meal Kit with this symbol



Red Onion



Garlic



Sweetcorn



Baby Spinach Leaves



Oyster Sauce



Pork Mince



Ginger & Lemongrass Paste



Asian Slaw Mix



Garlic Aioli



Crispy Shallots

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

Carb Smart

Discover classic Vietnamese flavours with a low-carb twist! Take crunchy slaw piled with saucy pork mince and a fried egg, and you've got a dinner-time hit. Serve with quick-pickled onion for an extra punch of flavour.

Pantry items

Olive Oil, Rice Wine Vinegar, Sesame Oil, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
rice wine vinegar*	¼ cup	½ cup
garlic	2 cloves	4 cloves
sweetcorn	½ tin	1 tin
baby spinach leaves	1 bag (30g)	1 bag (60g)
sesame oil*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
oyster sauce	1 packet (45g)	1 packet (100g)
soy sauce*	1 tbs	2 tbs
water*	2 tbs	¼ cup
pork mince	1 packet	1 packet
ginger & lemongrass paste	½ packet	1 packet
Asian slaw mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 packet (50g)	1 packet (100g)
eggs*	2	4
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2710kJ (648Cal)	575kJ (137Cal)
Protein (g)	36.8g	7.8g
Fat, total (g)	41g	8.7g
- saturated (g)	10.1g	2.1g
Carbohydrate (g)	27.3g	5.8g
- sugars (g)	16.9g	3.6g
Sodium (mg)	1584mg	336mg
Dietary Fibre (g)	6.9g	1.5g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Pickle the onion

Thinly slice the **red onion**. 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 **pickling liquid** with just enough **water** to cover the onion. Set aside.



Toss the slaw

While the pork is cooking, add the **baby spinach**, **Asian slaw mix**, **garlic aioli** and a drizzle of **olive oil** to the **charred corn**. Season to taste and toss to combine.



Get prepped

While the onion is pickling, finely chop the **garlic**. Drain the **sweetcorn** (see ingredients). Roughly chop the **baby spinach leaves**. In a second small bowl, combine the **sesame oil**, **brown sugar**, **oyster sauce**, **soy sauce** and the **water**. Set aside. Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Cook the egg

Wipe out the frying pan and return to a high heat with a drizzle of **olive oil**. When the oil is hot, crack the **eggs** into the pan. Cook until the egg whites are firm and the yolks are cooked to your liking, **2-3 minutes**.

TIP: This will give a soft yolk, fry for 6-7 minutes to get a hard yolk.



Cook the pork

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **pork mince**, breaking it up with a spoon, until browned, **3-4 minutes**. Reduce the heat to medium, then add the **garlic** and **ginger & lemongrass paste** (see ingredients) and cook until fragrant, **1 minute**. Add the **oyster sauce mixture**. Season and toss to coat, **1 minute**. Transfer to a bowl and cover to keep warm.



Serve up

Drain the pickled onion. Divide the Asian slaw and Vietnamese-style pork between bowls. Top with a fried egg and sprinkle with the **crispy shallots**. Serve topped with the pickled onion.

Enjoy!