HELLO FRESH

Soy-glazed Pork
with chilli and coriander

Calorie Smart   35-40 mins • Optional spice

11

Pork Loin Steak	Garlic
Scallion	Soy Sauce
Onion	Chilli
Pak Choi	Ketjap Manis
Coriander	Rice

Pantry Items: Salt, Pepper, Water, Oil

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pot with lid

Ingredients

	2P	4P
Pork Loin Steak	300 g	600 g
Garlic	2 units	4 units
Scallion	2 units	4 units
Soy Sauce	1 sachet	2 sachets
Onion	1 unit	2 units
Chilli	½ unit	1 unit
Pak Choi	1 unit	2 units
Ketjap Manis	2 sachets	4 sachets
Coriander	5 g	10 g
Rice	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	**406.3 g**	**100 g**
Energy (kJ/kcal)	2171.5 kJ/ 519 kcal	534.5 kJ/ 127.7 kcal
Fat (g)	4 g	1 g
Sat. Fat (g)	0.9 g	0.2 g
Carbohydrate (g)	77 g	19 g
Sugars (g)	13.7 g	3.4 g
Protein (g)	41.2 g	10.1 g
Salt (g)	2.9 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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1

Make the Rice

- Add 300ml cold **salted water** (double for 4p) to a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 10 mins, then remove the pot from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).
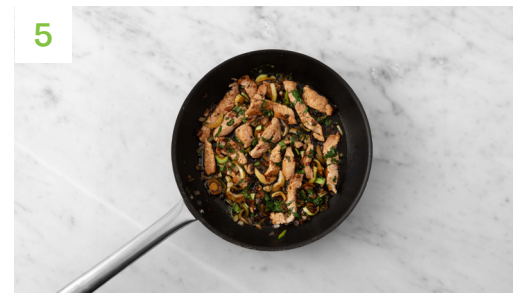
2

Get Prepped

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** lengthways. Deseed and finely chop **half** (double for 4p).
- Trim the **scallion** and thinly slice.
- Trim the **pak choi**, then thinly slice widthways.

3

Cook the Pork

- Thinly slice the **pork**. **IMPORTANT:** Wash hands and equipment after handling raw meat.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **pork** slices. Fry until browned and cooked through, shifting as they colour, 4-6 mins.
- Once cooked, transfer to a plate, cover and allow to rest. **IMPORTANT:** Pork is cooked when no longer pink in the middle.

4

Add the Veg

- Return the pan to medium-high heat with a drizzle of **oil**.
- Add the **pak choi**, **onion**, **garlic**, **scallion** and chopped **chilli** (use less if you don't like spice).
- Cook until softened, 4-5 mins.
- Meanwhile, roughly chop the **coriander** (stalks and all).

5

Stir in the Sauce

- Add the **pork** slices to the pan then pour in the **ketjap manis** and **soy sauce**.
- Mix everything together to allow to warm through then season to taste with **salt** and **pepper**.
- Remove the pan from the heat.
- Stir in **half** the **coriander**.

TIP: *Add a splash of water if the sauce is too dry.*

6

Finish and Serve

- Fluff up the **rice** with a fork and share between bowls.
- Top with the **pork** slices and saucy veg.
- Garnish with remaining **coriander**.

Enjoy!