



Sweet Chilli Marinated Pork

with pan fried broccolini and carrot

Quick Cook 20-25 mins

15



Pork Fillet



Coriander



Soy Sauce



Lime



Vegetable Stock



Jasmine Rice



Garlic



Ginger



Onion



Sweet Chilli Sauce



Carrot



Broccolini

Pantry Items: Salt, Pepper, Oil, Water



Rate your recipe!

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, pan with lid, pot with lid

Ingredients

	2P	4P
Pork Fillet	300 g	600 g
Coriander	5 g	10 g
Soy Sauce	1 sachet	2 sachets
Lime	1 unit	2 units
Vegetable Stock	1 sachet	2 sachets
Jasmine Rice	150 g	300 g
Garlic	1 unit	2 units
Ginger	1 unit	2 units
Onion	1 unit	2 units
Sweet Chilli Sauce	2 sachets	4 sachets
Carrot	1 unit	2 units
Broccolini	75 g	150 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	482.5 g	100 g
Energy (kJ/kcal)	2521 kJ/ 602 kcal	522 kJ/ 125 kcal
Fat (g)	9.8 g	2 g
Sat. Fat (g)	3.4 g	0.7 g
Carbohydrate (g)	89.1 g	18.5 g
Sugars (g)	14.5 g	3 g
Protein (g)	41.3 g	8.6 g
Salt (g)	3.1 g	0.9 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.

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Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and **stock powder** and bring to the boil.
- Lower the heat to medium, cover with the lid and cook for 12 mins.
- Once cooked, remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Time to Fry

- Place a pan over high heat with a drizzle of **oil**.
- Once hot, fry the diced **pork, broccolini, onion** and **carrot** for 2-3 mins.
- Lower the heat to medium-high and add the **ginger** and **garlic**. Season with **salt** and **pepper** and fry until fragrant, 1 min.



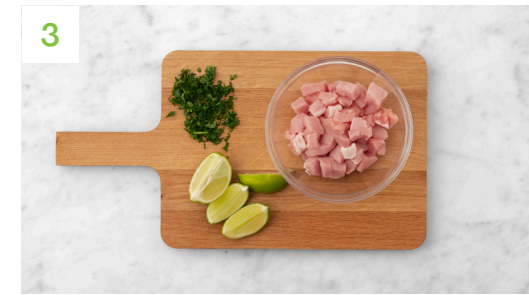
Prep the Veg

- Peel and grate the **ginger**. Use a teaspoon to easily scrape away the peel.
- Peel and grate the **garlic** (or use a garlic press).
- Trim and halve the **carrot** widthways. Cut lengthways into ½ cm thick batons.
- Trim and discard the bottom of the **broccolini**.
- Halve, peel and thinly slice the **onion**.



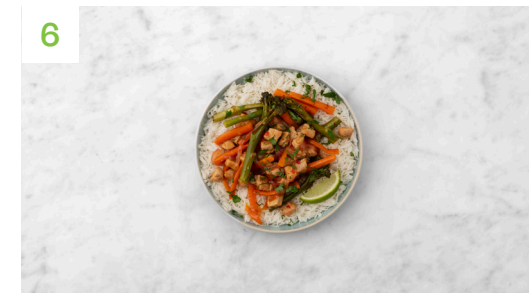
Finishing Touches

- Add the **sweet chilli sauce, soy sauce** and juice from **half the lime**.
- Add a splash of **water**, cover and cook for 6-8 mins. **IMPORTANT:** Pork is cooked when no longer pink in the middle.
- Season to taste with **salt** and **pepper**.



Prep the Pork

- Quarter the **lime**.
- Roughly chop the **coriander** (stalks and all).
- Cut the **pork** into 2cm chunks. **IMPORTANT:** Wash hands and equipment after handling raw meat.



Garnish and Serve

- Fluff up the **rice** with a fork and divide between plates.
- Serve the sweet chilli **pork** and veg alongside.
- Garnish with chopped **coriander** and remaining **lime** wedges.

Enjoy!