



# Asian-Style Pork & Slaw Bowl

with Oyster-Ginger Glaze & Peanuts

Grab your Meal Kit with this symbol



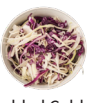
Pork Loin Steaks



Carrot



Celery



Shredded Cabbage Mix



Garlic Aioli



Ginger Paste



Oyster Sauce



Crushed Peanuts



Plant-Based Chicken Strips

Prep in: **15-25 mins**  
Ready in: **25-35 mins**

Carb Smart

Finished with a slightly sweet and zingy glaze, serve these juicy seared pork steaks over a creamy and colourful slaw instead of rice to keep the carbs down - and the flavour in full force!

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

### Pantry items

Olive Oil, Brown Sugar



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
pork loin steaks	1 small packet	2 small packets OR 1 large packet
carrot	1	2
celery	1 medium bag	1 large bag
shredded cabbage mix	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
<b>brown sugar*</b>	½ tbs	1 tbs
crushed peanuts	1 medium packet	1 large packet
plant-based chicken strips**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2309kJ (552Cal)	557kJ (133Cal)
Protein (g)	33.6g	8.1g
Fat, total (g)	36.9g	8.9g
- saturated (g)	7.3g	1.8g
Carbohydrate (g)	21.2g	5.1g
- sugars (g)	16.9g	4.1g
Sodium (mg)	1818mg	438mg
Dietary Fibre (g)	7.4g	1.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2270kJ (543Cal)	582kJ (139Cal)
Protein (g)	35.7g	9.2g
Fat, total (g)	32.7g	8.4g
- saturated (g)	3.4g	0.9g
Carbohydrate (g)	24g	6.2g
- sugars (g)	20.2g	5.2g
Sodium (mg)	2497mg	641mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Season **pork loin steaks** with **salt** and **pepper**.
- Cook **pork steaks** until cooked through, **3-4 minutes** each side.
- Transfer to a plate to rest.

**TIP:** Pork can be served slightly blushing pink in the centre.

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## Cook the glaze

- Return frying pan to medium heat with a drizzle of **olive oil**.
- Cook **ginger paste** until fragrant, **30 seconds**. Add **oyster sauce** and the **brown sugar** and cook, stirring, until slightly thickened, **1-2 minutes**.
- Remove from heat, then add any **pork resting juices**.

**TIP:** Add a splash of water to thin the glaze, if needed.

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## Get prepped & assemble the slaw

- Meanwhile, grate **carrot**.
- Thinly slice **celery**.
- In a medium bowl, combine **celery**, **shredded cabbage mix**, **carrot** and **garlic aioli**. Season.

**Custom Recipe:** If you've swapped to plant-based chicken strips, heat frying pan as above. Cook plant-based chicken strips, tossing, until browned, 4-5 minutes. Transfer to a paper towel-lined plate.

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## Serve up

- Slice Asian-style pork steak.
- Divide slaw between bowls. Top with pork, spooning over oyster-ginger glaze.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

**Custom Recipe:** Top slaw with plant-based chicken strips and serve with oyster-ginger glaze and crushed peanuts, as above.

## Rate your recipe

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