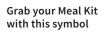


Sticky American-Style Pork with Rice & Creamy Corn Slaw

KID FRIENDLY













Sweetcorn







Spice Blend

Pork Strips

BBQ Sauce





Prep in: 20-30 mins Ready in: 20-30 mins When you coat juicy pork strips with our trusty All-American spice blend and sweet BBQ sauce, you can't go wrong. Make this meal even better by whipping up a crisp and colourful slaw, complete with a stellar garlic aioli.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
butter*	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
tomato	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
garlic aioli	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
slaw mix	1 small bag	1 large bag
pork strips	1 small packet	2 small packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 packet	2 packets
beef strips**	1 small packet	2 small packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3461kJ (827Cal)	754kJ (180Cal)
Protein (g)	34g	7.4g
Fat, total (g)	37.7g	8.2g
- saturated (g)	9.4g	2g
Carbohydrate (g)	84.5g	18.4g
- sugars (g)	19.6g	4.3g
Sodium (mg)	1794mg	391mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3617kJ (864Cal)	788kJ (188Cal)
Protein (g)	38.7g	8.4g
Fat, total (g)	40.1g	8.7g
- saturated (g)	10.9g	2.4g
Carbohydrate (g)	83.6g	18.2g
- sugars (g)	19.4g	4.2g
Sodium (mg)	1449mg	316mg

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 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







Cook the rice

- · Boil the kettle.
- Half-fill a medium saucepan with the boiled water, over high heat. Add basmati rice and cook, uncovered, until tender, 12 minutes.
- Drain rice and return to pan. Add the butter and chicken-style stock powder. Stir until butter is melted and combined.



Cook the pork

- When rice has 5 minutes remaining, heat a large frying pan over high heat with a drizzle of olive oil. Cook pork strips, in batches, until golden,
 2-3 minutes.
- Reduce heat to medium. Return all the pork to the pan. Add All-American spice blend and cook, tossing, until coated and fragrant, 1 minute.
- Add BBQ sauce and a splash of water. Toss to coat and cook until slightly reduced, 1 minute.

TIP: Cooking the pork in batches over high heat helps it stay tender.

Custom Recipe: If you've swapped to beef strips, heat the frying pan as above. When oil is hot, cook beef, in batches, until browned and cooked through, 1-2 minutes. Continue as above.



Get prepped

- While rice is cooking, roughly chop tomato.
- Drain sweetcorn.
- In a medium bowl, combine garlic aioli and a drizzle of the white wine vinegar and olive oil. Add slaw mix, corn and tomato. Set aside.

TIP: Toss the slaw just before serving to keep it crisp!
Little cooks: Take the lead by combining the ingredients for the slaw!



Serve up

- · Toss the slaw. Season to taste.
- Divide rice and creamy corn slaw between bowls. Top with sticky American-style pork to serve. Enjoy!

Little cooks: Take the lead by tossing the slaw!

Rate your recipe

We need your expertise!