



# Sticky American-Style Pork

with Rice & Creamy Corn Slaw

KID FRIENDLY



Grab your Meal Kit with this symbol



Basmati Rice



Chicken-Style Stock Powder



Tomato



Sweetcorn



Garlic Aioli



Slaw Mix



Pork Strips



All-American Spice Blend



BBQ Sauce



Beef Strips

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.

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

### 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
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
<b>butter*</b>	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
<b>white wine vinegar*</b>	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](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 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.

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## 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.

2



## 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!

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## 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

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