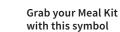


Oyster Sauce Pork Fillet & Peanut Rice with Ponzu Glazed Peas & Baby Broccoli









Stock Powder



Crushed Peanuts



Cucumber



Long Chilli



(Optional)



Oyster Sauce



Baby Broccoli





Pea Pods





Crispy Shallots



Want to whip up a Japanese-inspired feast without spending all day toiling away in the kitchen? You're in luck! The main event is a tender pork fillet that's finished with a ready-to-go oyster sauce. On the side, there's peanut-laced rice, citrusy ponzu greens, plus quick pickled cucumber for crunch and tang. And you're about to prep all of that in under 40 minutes!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), 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

Medium saucepan with a lid · Large frying pan · Oven tray lined with baking paper

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
crushed peanuts	1 medium packet	1 large packet
cucumber	1	2
long chilli ∮ (optional)	1/2	1
vinegar* (white wine or rice wine)	1/4 cup	½ cup
premium pork fillet	1 packet	2 packets
oyster sauce	1 large packet	2 large packets
baby broccoli	1 bunch	2 bunches
pea pods	1 medium bag	1 large bag
garlic	1 clove	2 cloves
brown sugar*	1 tbs	2 tbs
ponzu	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3271kJ (782Cal)	505kJ (121Cal)
Protein (g)	59.6g	9.2g
Fat, total (g)	20.3g	3.1g
- saturated (g)	7g	1.1g
Carbohydrate (g)	93.5g	14.4g
- sugars (g)	18.7g	2.9g
Sodium (mg)	3231mg	499mg

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.



Cook the peanut rice

- Preheat oven to 220°C/200°C fan-forced.
- In a medium saucepan, add the water and bring to the boil.
- Add jasmine rice and chicken-style stock **powder**. Stir, cover with a lid and reduce heat
- Cook for **12 minutes**, then remove pan from heat. Keep covered until rice is tender and water is absorbed. 10-15 minutes.
- · Stir through crushed peanuts.

TIP: The rice will finish cooking in its own steam, so don't peek!



Pickle the cucumber & chilli

- While rice is cooking, thinly slice **cucumber** into rounds.
- Thinly slice long chilli (if using).
- In a medium bowl, combine the vinegar and a good pinch of sugar and salt. Add cucumber and chilli (if using). Add just enough water to cover cucumber. Set aside.

TIP: Slicing the cucumber very thinly helps it pickle faster!



Cook the pork

- In a large frying pan, heat a drizzle of olive oil over high heat. Season premium pork fillet all over with **salt** and **pepper**.
- When oil is hot, sear **pork** until browned, 1 minute each side.
- Transfer **seared pork** to a lined oven tray. Roast for 12-14 minutes for medium, or until cooked to your liking. Remove from oven and cover with foil to rest.
- · While pork is roasting, return frying pan to medium heat. Add oyster sauce and cook until bubbling, 30 seconds. Transfer to a small bowl.

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



Get prepped

- · Trim baby broccoli and cut into thirds.
- Trim pea pods.
- Finely chop garlic.
- To the bowl with the oyster sauce, add the brown sugar and stir to combine.



Cook the greens

- · Wipe out frying pan, then return to medium-high heat with a drizzle of olive oil. Cook baby broccoli, tossing until tender, 5-6 minutes.
- · Add pea pods and cook, tossing, until bright green and just tender, 1-2 minutes.
- Add garlic and ponzu sauce. Cook until fragrant, 30 seconds. Season to taste. Remove from heat.



Serve up

- Drain pickled cucumber.
- · Slice premium pork fillet, then spoon over oyster sauce.
- Sprinkle crispy shallots over the ponzu glazed peas and baby broccoli.
- Bring everything to the table to serve. Enjoy!

