



# Oyster Sauce Pork Fillet & Peanut Rice

with Ponzu Glazed Peas & Baby Broccoli

FEAST

Grab your Meal Kit with this symbol



Jasmine Rice



Chicken-Style Stock Powder



Crushed Peanuts



Cucumber



Long Chilli (Optional)



Premium Pork Fillet



Oyster Sauce



Baby Broccoli



Pea Pods



Garlic



Ponzu



Crispy Shallots

Prep in: 25-35 mins  
Ready in: 45-55 mins

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	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)	½	1
<b>vinegar*</b> (white wine or rice wine)	¼ 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
<b>brown sugar*</b>	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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 to low.
- 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!

4



## 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.

2



## 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!

5



## 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.

3



## 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.

6



## 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!

## We're here to help!

Scan here if you have any questions or concerns



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