



# Thai Glazed Pork Fillet

with Garlic Veggies & Ginger-Makrut Lime Rice

GOURMET



Grab your Meal Kit with this symbol



Makrut Lime Leaves



Ginger Paste



Jasmine Rice



Thai Stir-Fry Spice



Premium Pork Fillet



Lime



Oyster Sauce



Baby Broccoli



Capsicum



Garlic



Mint



Long Chilli (Optional)

Prep in: 25-35 mins  
Ready in: 30-40 mins

Serve up a fancy dinner with a difference! Roast a tender pork fillet in an oyster sauce-based glaze for a delightfully sweet and savoury result. Serve with some delicate veggies and zingy rice, and you'll have the perfect balance of flavours and textures.

### Pantry items

Olive Oil, Butter, Soy Sauce, 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
makrut lime leaves	2 leaves	4 leaves
<b>butter*</b>	20g	40g
ginger paste	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
Thai stir-fry spice	1 medium sachet	1 large sachet
premium pork fillet	1 packet	2 packets
lime	1	2
oyster sauce	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tsp	2 tsp
<b>brown sugar*</b>	½ tbs	1 tbs
<b>water*</b> (for the sauce)	¼ cup	½ cup
baby broccoli	1 bunch	2 bunches
capsicum	1	2
garlic	1 clove	2 cloves
mint	1 bag	1 bag
long chilli  (optional)	½	1

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3388kJ (810Cal)	588kJ (141Cal)
Protein (g)	54.9g	9.5g
Fat, total (g)	27g	4.7g
- saturated (g)	10.6g	1.8g
Carbohydrate (g)	82.1g	14.2g
- sugars (g)	14.4g	2.5g
Sodium (mg)	1767mg	306mg

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.

## Fancy a drop?

We recommend pairing this meal with Beaujolais or Rose

1



## Cook the rice

- Preheat oven to **220°C/200°C fan-forced**.
- Remove centre veins from **makrut lime leaves**, then very finely chop.
- In a medium saucepan, heat a drizzle of **olive oil** and the **butter** over medium heat. Cook **ginger paste** until fragrant, **1 minute**.
- Add the **water (for the rice)** and **makrut leaves**. Bring to the boil, then add **jasmine rice**. 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**.

**TIP:** The makrut lime leaves are fibrous so you want to cut them into small pieces!

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

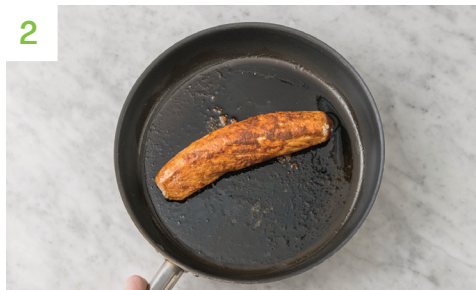
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## Make the glaze

- Return frying pan to medium heat. Cook **oyster sauce mixture**, stirring, until gently bubbling and slightly thickened, **2-3 minutes**. Transfer glaze back to the small bowl.
- When pork has finished roasting, remove tray from the oven. Spoon **glaze** over roasted pork, turning to coat. Cover loosely with foil. Set aside to rest.

2



## Cook the pork

- Meanwhile, combine **Thai stir-fry spice** and a drizzle of **olive oil** in a large bowl. Season with **salt and pepper**, then add **premium pork fillet**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork**, turning, until browned all over, **4 minutes**.
- Transfer to a lined oven tray. Roast for **15-17 minutes** for medium or until cooked to your liking.

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

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## Cook the garlic veggies

- Wipe out frying pan, then return to medium-high heat. Cook **baby broccoli** and **capsicum** with a dash of **water**, tossing, until just softened, **4 minutes**.
- Add **garlic** and a drizzle of **olive oil** and cook until fragrant, **1 minute**.

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## Get prepped

- While pork is roasting, slice **lime** into wedges.
- In a small bowl, combine **oyster sauce**, the **soy sauce**, the **brown sugar**, the **water (for the sauce)** and a good squeeze of **lime juice**. Set aside.
- Trim **baby broccoli**.
- Thinly slice **capsicum**.
- Finely chop **garlic**.

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## Serve up

- Pick and thinly slice **mint leaves**. Thinly slice **long chilli** (if using). Slice Thai glazed pork.
- Divide ginger-makrut lime rice between plates. Top with pork and garlic veggies.
- Spoon over any remaining glaze. Garnish with mint and chilli. Serve with any remaining lime wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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