



Asian-Style Pork & Slaw Bowl

with Oyster-Ginger Glaze & Peanuts

Grab your Meal Kit with this symbol



Pork Loin Steaks



Carrot



Celery



Shredded Cabbage Mix



Garlic Aioli



Ginger Paste



Oyster Sauce

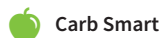


Crushed Peanuts



Chicken Breast

Prep in: **15-25 mins**
Ready in: **25-35 mins**



Carb Smart



Eat Me Early*

*Custom Recipe only

Finished with a slightly sweet and zingy glaze, serve these juicy seared pork steaks over a creamy and colourful slaw instead of rice to keep the carbs down - and the flavour in full force!

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

Pantry items

Olive Oil, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pork loin steaks	1 small packet	2 small packets OR 1 large packet
carrot	1	2
celery	1 medium bag	1 large bag
shredded cabbage mix	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
brown sugar*	½ tbs	1 tbs
crushed peanuts	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2305kJ (551Cal)	556kJ (133Cal)
Protein (g)	33.6g	8.1g
Fat, total (g)	36.9g	8.9g
- saturated (g)	7.3g	1.8g
Carbohydrate (g)	21.2g	5.1g
- sugars (g)	16.9g	4.1g
Sodium (mg)	1818mg	438mg
Dietary Fibre (g)	7.4g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2107kJ (504Cal)	490kJ (117Cal)
Protein (g)	38.7g	9g
Fat, total (g)	29.6g	6.9g
- saturated (g)	4g	0.9g
Carbohydrate (g)	20.2g	4.7g
- sugars (g)	16.4g	3.8g
Sodium (mg)	1463mg	340mg
Dietary Fibre (g)	7.5g	1.7g

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



1



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Season **pork loin steaks** with **salt** and **pepper**.
- Cook **pork steaks** until cooked through, **3-4 minutes** each side. Transfer to a plate to rest.

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

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Season with salt and pepper. Heat pan as above, when oil is hot, cook chicken until cooked through (when no longer pink inside), 3-5 minutes each side (cook in batches if your pan is getting crowded).

3



Cook the glaze

- Return frying pan to medium heat with a drizzle of **olive oil**.
- Cook **ginger paste** until fragrant, **30 seconds**. Add **oyster sauce**, the **brown sugar** and a dash of water and cook, stirring, until slightly thickened, **1-2 minutes**.
- Remove from heat, then add any **pork resting juices**.

TIP: Add an extra splash of water to thin the glaze, if needed.

2



Get prepped & assemble the slaw

- Meanwhile, grate **carrot**.
- Thinly slice **celery**.
- In a medium bowl, combine **celery**, **shredded cabbage mix**, **carrot** and **garlic aioli**. Season.

4



Serve up

- Slice Asian-style pork steak.
- Divide slaw between bowls. Top with pork, spooning over soy-ginger glaze.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

Custom Recipe: Slice chicken to serve.

Rate your recipe

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