



Quick Sticky Sweet Chilli Pork Slaw Bowl

with Peanuts & Pickled Cucumber

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cucumber



Carrot



Pear



Long Chilli (Optional)



Baby Spinach Leaves



Slaw Mix



Pork Strips



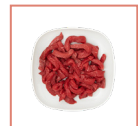
Sweet Chilli Sauce



Sesame Dressing



Crushed Peanuts



Beef Strips

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Deliciously, sticky sweet chilli-glazed pork strips have made a return to the HelloFresh menu. Bountifully paired with a crunchy, sesame-laced slaw, you'll be thanking us before you've even finished plating this one up.

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Low Sodium Soy Sauce

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
cucumber	1	2
vinegar* (white wine or rice wine)	¼ cup	½ cup
carrot	1	2
pear	1	2
long chilli  (optional)	½	1
baby spinach leaves	1 small bag	1 medium bag
slaw mix	1 small bag	1 large bag
pork strips	1 small packet	2 small packets OR 1 large packet
sweet chilli sauce	1 medium packet	2 medium packets
low sodium soy sauce*	½ tbs	1 tbs
sesame dressing	1 large packet	2 large packets
crushed peanuts	1 medium packet	1 large packet
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)	2124kJ (508Cal)	418kJ (100Cal)
Protein (g)	30.3g	6g
Fat, total (g)	27g	5.3g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	32.1g	6.3g
- sugars (g)	29.4g	5.8g
Sodium (mg)	1235mg	243mg
Dietary Fibre (g)	8.6g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2292kJ (548Cal)	452kJ (108Cal)
Protein (g)	34.8g	6.9g
Fat, total (g)	29.7g	5.9g
- saturated (g)	5.8g	1.1g
Carbohydrate (g)	31.2g	6.1g
- sugars (g)	29.3g	5.8g
Sodium (mg)	891mg	176mg
Dietary Fibre	8.6g	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



Pickle the cucumber

- Thinly slice **cucumber** into half-moons.
- In a medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to pickling liquid and set aside.

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

3



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork strips**, tossing, in batches, until golden, **2-3 minutes**.
- Return all **pork** to pan with **sweet chilli sauce** and **low-sodium soy sauce**. Remove from heat and toss to combine.

Custom Recipe: If you've swapped to beef strips, cook beef strips as above.

2



Get prepped

- Grate **carrot**.
- Thinly slice **pear** into wedges.
- Thinly slice **long chilli** (if using).
- In a large bowl, combine **carrot**, **pear**, **baby spinach leaves** and **slaw mix**.

4



Serve up

- Drain pickled cucumber.
- Add **sesame dressing** and a drizzle of olive oil to the slaw. Season and toss to combine.
- Divide slaw and pickled cucumber between bowls.
- Top with sticky sweet chilli pork, **crushed peanuts** and **chilli** to serve. Enjoy!

Custom Recipe: Top slaw with sticky sweet chilli beef to serve.

Rate your recipe

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