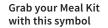


Oyster Sauce Pork & Sesame Soy Greens with Chilli-Ginger Oil & Pickled Cucumber

TASTE TOURS











Premium Pork

Cucumber



Long Chilli (Optional)



Ginger Paste Baby Broccoli











Green Beans Spring Onion

Mixed Sesame

Crispy Shallots



Want to whip up a Chinese-inspired feast without spending all day toiling away in the kitchen? You're in luck! The main event is a sweet-and-sticky pork fillet that's glazed with our oyster sauce. On the side, there's fluffy rice, sesame-soy greens and pickled cucumber. Yeah, you're about to make all of that in less than an hour!

Pantry items

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

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

Ingredients

3.		
	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
oyster sauce	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
premium pork fillet	1 packet	2 packets
cucumber	1	2
vinegar* (white wine or rice wine)	⅓ cup	½ cup
garlic	2 cloves	4 cloves
long chilli ∮ (optional)	1/2	1
ginger paste	1 medium packet	1 large packet
baby broccoli	1 bunch	2 bunches
green beans	1 small bag	1 medium bag
spring onion	2 stems	4 stems
soy sauce*	drizzle	drizzle
mixed sesame seeds	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)	3343kJ (799Cal)	549kJ (131Cal)
Protein (g)	55.6g	9.1g
Fat, total (g)	26.2g	4.3g
- saturated (g)	7.5g	1.2g
Carbohydrate (g)	88.4g	14.5g
- sugars (g)	21.3g	3.5g
Sodium (mg)	620mg	102mg

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 rice

- Preheat oven to 220°C/200°C fan-forced.
- Add the water to a medium saucepan and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce the heat to low. Cook for 12 minutes, then remove the pan from the heat and keep covered, until the rice is tender and all the water is absorbed, 10-15 minutes.

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



Cook the pork

- While the rice is cooking, in a small bowl, add oyster sauce and the honey and stir until combined.
- Heat a drizzle of olive oil in a large frying pan over high heat. Season premium pork fillet all over and add to hot pan. Sear pork until browned, 1 minute on all sides.
- Transfer pork to a lined oven tray and roast,
 12-14 minutes for medium, or until cooked to your liking.
- Remove tray from the oven, transfer pork to a plate and spoon over oyster sauce mixture to coat. Cover and leave to rest until serving.



Make the pickled cucumber

- Meanwhile, roughly chop cucumber.
- In a medium bowl, combine cucumber, the vinegar, a dash of water and a generous pinch of salt and sugar. Toss to combine and set aside.



Make the chilli-ginger oil

- Finely chop garlic and long chilli (if using).
- In a small heatproof bowl, place garlic, chilli and ginger paste.
- Return frying pan to high heat with olive oil
 (3 tbs for 2 people / ½ cup for 4 people). Heat
 until just smoking, 1 minute.
- Carefully pour the oil over the ginger mixture in the bowl and stir to combine.

TIP: Use as much or as little chilli as you like!



Cook the soy sesame greens

- Roughly chop baby broccoli and green beans.
- Thinly slice spring onion.
- Return frying pan to medium-high heat with a dash of water. Add baby broccoli and green beans to the pan. Cook, tossing, until tender, 3-4 minutes.
- Add the soy sauce, a drizzle of olive oil and mixed sesame seeds. Toss to combine.



Serve up

- Slice the premium pork fillet.
- Drain cucumber. Stir spring onion and crispy shallots through the rice.
- Bring everything to the table to serve.
- Drizzle chilli-ginger oil over veggies to serve. Enjoy!

