



Teriyaki & Ponzu Pork Rice Bowl

with Charred Pineapple Cucumber Salsa & Crispy Shallots

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Pineapple Slices



Teriyaki Sauce



Ponzu



Pork Mince



Cucumber



Baby Spinach Leaves



Crispy Shallots



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

Bring a bowl brimming with colour, sweetness and tang to the table tonight! Succulent pork mince sits atop a bed of fluffy spinach rich accompanied by pineapple and cucumber to bring some crunch and cut through this dish's richness.

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

Pantry items

Olive Oil, Butter

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	10g	20g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
pineapple slices	1 tin	2 tins
teriyaki sauce	1 medium packet	2 medium packets
ponzu	1 medium packet	1 large packet
pork mince	1 medium packet	2 medium packets OR 1 large packet
cucumber	1	2
baby spinach leaves	1 small packet	1 medium packet
crispy shallots	1 medium sachet	1 large sachet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2862kJ (684Cal)	637kJ (152Cal)
Protein (g)	31.9g	7.1g
Fat, total (g)	23.7g	5.3g
- saturated (g)	10.1g	2.2g
Carbohydrate (g)	92.2g	20.5g
- sugars (g)	24.9g	5.5g
Sodium (mg)	1192mg	265mg
Dietary Fibre (g)	9g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2889kJ (690Cal)	643kJ (153Cal)
Protein (g)	35.3g	7.9g
Fat, total (g)	22.8g	5.1g
- saturated (g)	10.5g	2.3g
Carbohydrate (g)	92.2g	20.5g
- sugars (g)	24.9g	5.5g
Sodium (mg)	1193mg	266mg
Dietary Fibre	9g	1.9g

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



Cook the rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



Make the salsa

- Meanwhile, roughly chop **cucumber** and **charred pineapple**.
- In a medium bowl, combine **charred pineapple**, **cucumber** and a drizzle of **olive oil**. Season.



Get prepped

- Meanwhile drain **pineapple slices**.
- Heat a large frying pan over high heat. Cook **pineapple slices** until lightly charred, **2-3 minutes** each side. Set aside on chopping board to cool.
- In a small bowl, combine **teriyaki sauce** and **ponzu**.



Bring it all together

- To rice, add **baby spinach leaves**, stirring until combined and wilted. Season.



Cook the pork

- Return frying pan to high heat with a drizzle of **olive oil**.
- Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium and stir in **sauce mixture**, until bubbling, **1-2 minutes**.

Custom Recipe: If you've swapped to beef mince, cook beef in the same way as above, draining the oil from the pan before adding the sauce mixture.



Serve up

- Divide spinach rice between bowls.
- Top with teriyaki and ponzu pork and pineapple-cucumber salsa.
- Sprinkle over **crispy shallots** to serve. Enjoy!

Rate your recipe

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