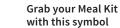


Asian Garlic Pork Fillet & Instant Rice

with Creamy Salad & Crispy Shallots

FAST & FANCY









Cucumber



Premium Pork



Seasoning





Basmati Rice

Stir-fry Sauce





Garlic Aioli



Crispy Shallots



Prep in: 15-25 mins Ready in: 20-30 mins



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
pear	1	2
cucumber	1	2
premium pork fillet	1 medium packet	2 medium packets
sweet soy seasoning	1 medium sachet	2 medium sachets
garlic stir-fry sauce	1 medium packet	2 medium packets
water*	1/4 cup	½ cup
microwavable basmati rice	1 packet	2 packets
deluxe salad mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
crispy shallots	1 medium sachet	1 large sachet

Nutrition

*Pantry Items

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3359kJ (803Cal)	561kJ (134Cal)
Protein (g)	50.7g	8.5g
Fat, total (g)	39.6g	6.6g
- saturated (g)	7.9g	1.3g
Carbohydrate (g)	65.4g	10.9g
- sugars (g)	22.1g	3.7g
Sodium (mg)	1614mg	269mg
Dietary Fibre (g)	4.7g	1g

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.



Get prepped

- Thinly slice **pear** into wedges.
- Thinly slice **cucumber** into rounds.
- Slice **premium pork fillet** into 3 cm-thick round pieces.
- In a medium bowl, combine sweet soy seasoning and a drizzle of olive oil.
 Add pork and toss to coat.



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add pork pieces and press flat with a spatula to get medallions. Cook until browned and cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded!).
- Remove pan from heat and add garlic stir-fry sauce and the water, turning pork to coat.



Heat the rice & toss the salad

- While the pork is cooking, microwave basmati rice until steaming,
 2-3 minutes.
- In a large bowl, combine pear, cucumber, deluxe salad mix and garlic aioli. Season to taste.



Serve up

- Divide rice and creamy salad between bowls. Top with Asian garlic pork.
- Spoon over any remaining sauce from pan.
- Sprinkle over **crispy shallots** to serve. Enjoy!

