Peri-Peri Pork Steaks & Corn Rice

with Steamed Veggies & Garlic Aioli

KID FRIENDLY











Seasoning



Basmati Rice







Seasoning

Steaks



Trimmed Green









Prep in: 10-20 mins Ready in: 25-35 mins

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
sweetcorn	1 medium tin	1 large tin
garlic & herb seasoning	1 medium sachet	1 large sachet
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
peri-peri seasoning	1 sachet	2 sachets
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
honey*	1 tsp	2 tsp
carrot	1	2
trimmed green beans	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
+		

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3549kJ (848cal)	392kJ (94cal)
Protein (g)	35.9g	4g
Fat, total (g)	40.2g	4.4g
- saturated (g)	12.1g	1.3g
Carbohydrate (g)	83.3g	9.2g
- sugars (g)	15g	1.7g
Sodium (mg)	1551mg	171.2mg
Dietary Fibre (g)	12g	1.3g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

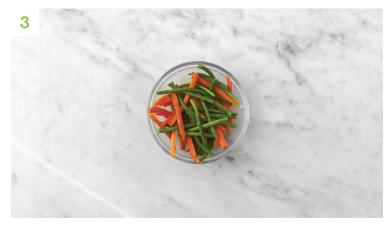
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

- In a medium saucepan, heat the butter with a dash of olive oil over medium heat. Drain sweetcorn.
- Cook garlic & herb seasoning and corn, stirring, until fragrant, 1 minute.
- Add basmati rice and the water. Stir, then bring to the boil. Reduce heat to low and cover with lid.
- Cook for 10 minutes, then remove pan from heat and keep covered until rice is tender and water is absorbed, 10 minutes.

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



Steam the veggies

- While pork is resting, thinly slice carrot into sticks.
- Add trimmed green beans, carrot and a splash of water to a microwave-safe bowl, then cover with a damp paper towel.
- Microwave veggies on high until just tender, 2-4 minutes.
- Drain veggies, then return to the bowl. Season with salt and pepper, drizzle
 with olive oil and cover to keep warm.



Cook the pork steaks

- Meanwhile, in a medium bowl, combine peri-peri seasoning, a drizzle of olive oil and a pinch of salt. Add pork loin steaks, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **pork steaks** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Remove from heat, then add the honey, turning pork to coat. Transfer to a
 plate, cover and rest for 5 minutes.



Serve up

- · Slice pork.
- Divide corn rice and steamed veggies between bowls.
- Top with peri-peri pork steaks. Spoon over any resting juices.
- Dollop with garlic aioli to serve. Enjoy!







Follow method above, cooking in batches if necessary.



Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

