

Goan-Style Pork Curry & Rice

with Garlic Pea Pods

FEEL-GOOD TAKEAWAY

NEW

Grab your meal kit with this number

27



Recipe Update

We've replaced the green beans in this recipe with pea pods due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Basmati Rice



Pea Pods



Tomato



Brown Onion



Garlic



Pork Strips



Tomato Paste



Mumbai Spice Blend



Coconut Milk



Baby Spinach Leaves



Flaked Almonds



Peeled Prawns



Chicken Breast

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

 Protein Rich

Enjoy tender pork strips smothered with a creamy, golden curry like no other! This Indian delight will tantalise your tastebuds yet comes together fast for a midweek meal. Serve with some garlicky pea pods and almonds for extra colour and crunch.

Pantry items

Olive Oil, White Wine Vinegar

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

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
pea pods	1 medium packet	2 medium packets
tomato	1	2
brown onion	½	1
garlic	3 cloves	6 cloves
pork strips	1 medium packet	2 medium packets OR 1 large packet
tomato paste	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
coconut milk	1 packet	2 packets
water* (for the curry)	¼ cup	½ cup
white wine vinegar*	1 tsp	2 tsp
salt*	¼ tsp	½ tsp
baby spinach leaves	1 small packet	1 medium packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2986kJ (714cal)	240kJ (57cal)
Protein (g)	36.3g	2.9g
Fat, total (g)	28g	2.3g
- saturated (g)	16.5g	1.3g
Carbohydrate (g)	77.2g	6.2g
- sugars (g)	12.5g	1g
Sodium (mg)	1225mg	98.6mg
Dietary Fibre (g)	16.9g	1.4g

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

- To a medium saucepan, add the **water (for the rice)** and a generous pinch of **salt**, then bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- 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!



Start the curry

- Return frying pan to high heat with a drizzle of **olive oil**.
- Cook **pork strips**, in batches, until golden, **2-4 minutes**. Transfer to a bowl and set aside.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **onion and tomato**, stirring, until tender, **4-5 minutes**.



Get prepped

- Meanwhile, trim **pea pods**.
- Roughly chop **tomato** and **brown onion** (see ingredients).
- Finely chop **garlic**.



Finish the curry

- Add **tomato paste**, **Mumbai spice blend** and the remaining **garlic** to the pan. Cook until fragrant, **1-2 minutes**.
- Stir in **coconut milk**, the **water (for the curry)**, **white wine vinegar** and **salt** and simmer until slightly reduced, **2-3 minutes**.
- Return **cooked pork strips** with a drizzle of **olive oil** to the pan, stirring until combined and heated through, **1 minute**.
- Remove from heat, then add **baby spinach leaves**, stirring until combined. Season with **salt** and **pepper**.



Cook the pea pods

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **pea pods**, stirring, until tender, **2-3 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**.
- Transfer to serving bowls, season to taste with **salt** and **pepper** and cover to keep warm.



Serve up

- Divide rice between bowls with garlic pea pods. Top rice with Goan-style pork curry.
- Sprinkle with **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



CUSTOM OPTIONS



SWAP TO PEELED PRAWNS

Bring curry to a simmer, add prawns and cook until pink and starting to curl up, 3-4 minutes. Add a splash of water if necessary.



SWAP TO CHICKEN BREAST

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.

