



# Sticky Teriyaki Pork & Pea Pod Slaw

with Rapid Rice & Peanuts

NEW

Grab your meal kit with this number

14



Basmati Rice



Pea Pods



Carrot



Pork Loin Steaks



Shredded Cabbage Mix



Mayonnaise



Teriyaki Sauce



Crushed Peanuts



Chicken Tenderloins



Chicken Thigh

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

Centre yourself and relax with a bowl of teriyaki-laced pork loin steaks. The fluffy rice works a treat as the base of the dish, allowing you to sit back and enjoy this easy-to-make dinner with no fuss and major flavour.

## Pantry items

Olive Oil, Soy Sauce, Brown Sugar

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
pea pods	1 small packet	1 medium packet
carrot	½	1
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
teriyaki sauce	½ packet	1 packet
<b>soy sauce*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3171kJ (758cal)	317kJ (76cal)
Protein (g)	39.7g	4g
Fat, total (g)	29.9g	3g
- saturated (g)	7g	0.7g
Carbohydrate (g)	80.7g	8.1g
- sugars (g)	17.6g	1.8g
Sodium (mg)	1605mg	160.5mg
Dietary Fibre (g)	13.8g	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain and return to saucepan.

3



## Make the slaw

- While pork is cooking, in a large bowl, combine **shredded cabbage mix**, **mayonnaise**, **carrot** and **pea pods**. Season to taste.

2



## Cook the pork

- While rice is cooking, trim and thinly slice **pea pods** lengthways.
- Grate **carrot**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, add **pork loin steaks** and cook until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). Season to taste with **salt** and **pepper**.

4



## Serve up

- Remove pork from heat and add **teriyaki sauce** (see ingredients), the **soy sauce** and **brown sugar**. Turn pork to coat.
- Transfer pork to a plate to rest for **5 minutes**. Slice pork (if desired).
- Divide rapid rice between bowls and top with sticky teriyaki pork. Serve with pea pod slaw.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### SWAP TO CHICKEN TENDERLOINS

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



#### SWAP TO CHICKEN THIGH

Cut into bite-sized pieces. Cook with veggies 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.

