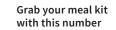


# Asian Garlic Pork Fillet & Instant Rice

with Deluxe Apple-Cucumber Salad & Crispy Shallots

FAST & FANCY











Cucumber



Premium Pork



Seasoning



Garlic Stir-Fry



Sauce





Garlic Aioli

Basmati Rice



Crispy Shallots



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

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
apple	1	2
cucumber	1	2
premium pork fillet	1 medium packet	2 medium packets
sweet soy seasoning	1 sachet	2 sachets
garlic stir-fry sauce	1 packet	2 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

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3473kJ (830cal)	288kJ (69cal)
Protein (g)	50.6g	4.2g
Fat, total (g)	43.2g	3.6g
- saturated (g)	8.1g	0.7g
Carbohydrate (g)	64.6g	5.3g
- sugars (g)	21.2g	1.8g
Sodium (mg)	1559mg	129.1mg
Dietary Fibre (g)	4.7g	0.4g

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.



# Get prepped

- Thinly slice apple 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, then 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 apple, cucumber, deluxe salad mix and garlic aioli. Season to taste with salt and pepper.



## Serve up

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

