



# Asian Garlic Pork Fillet & Instant Rice

with Deluxe Apple-Cucumber Salad & Crispy Shallots

FAST & FANCY

Grab your meal kit  
with this number

22



Apple



Cucumber



Premium Pork  
Fillet



Sweet Soy  
Seasoning



Garlic Stir-Fry  
Sauce



Microwavable  
Basmati Rice



Deluxe Salad  
Mix



Garlic Aioli



Crispy Shallots

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

A fancy dinner doesn't need to take hours to whip up when you have some premium ingredients ready to go. The pork fillet will crisp up perfectly in the pan, just right to go on a bed of fluffy rice with a deluxe salad.

### Pantry items

Olive Oil

## 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
<b>olive oil*</b>	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
<b>water*</b>	¼ 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](https://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.



## 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**.



## 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.



## Serve up

- Divide instant 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!

## We're here to help!

Scan here if you have any questions or concerns



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