

Spiced Paprika Pork & Garlic Rice

with Yoghurt & Salad

NEW

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39



Garlic



Basmati Rice



Carrot



Tomato



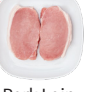
Cucumber



Baby Spinach Leaves



Lemon



Pork Loin Steaks



Paprika Spice Blend



Greek-Style Yoghurt



Flaked Almonds



Parsley




Pork Loin Steak



Haloumi

Prep in: 25-35 mins
Ready in: 30-40 mins

 Protein Rich

Tender pork loin pieces are the ideal protein for the aromatic paprika spice blend - bursting with a complex blend of warming, sweet and earthy flavours, you'll be coming back for seconds...or thirds of this tangalising meal. Don't forget a generous scattering of parsley to really make the vibrance of this dish sing!

Pantry items

Olive Oil, Butter, Honey

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
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
carrot	1	2
tomato	1	2
cucumber	1	2
baby spinach leaves	1 small packet	1 medium packet
lemon	½	1
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
paprika spice blend	1 sachet	2 sachets
honey*	1 tsp	2 tsp
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3114kJ (744cal)	288kJ (69cal)
Protein (g)	37.7g	3.5g
Fat, total (g)	31.9g	3g
- saturated (g)	12.8g	1.2g
Carbohydrate (g)	73.5g	6.8g
- sugars (g)	12.1g	1.1g
Sodium (mg)	674mg	62.4mg
Dietary Fibre (g)	14.6g	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.

1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Add **basmati rice**, the **water** and pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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

4



Make the salad

- In a second medium bowl, combine a drizzle of **olive oil** and a good squeeze of **lemon juice**.
- Add **carrot, tomato, cucumber and spinach**. Toss to combine and season to taste. Set aside.

2



Prep the veggies

- While the rice is cooking, grate **carrot**.
- Roughly chop **tomato, cucumber** and **baby spinach leaves**.
- Slice **lemon** into wedges.

5



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **pork**, in batches, tossing, until lightly charred and cooked through, **3-4 minutes**
- Remove from heat, return all **pork** to pan and stir through the **honey**.

TIP: Cooking the pork in batches keeps it tender!

3



Prep the pork

- Cut **pork loin steaks** into 1cm strips.
- In a medium bowl, combine **paprika spice blend** and a drizzle of **olive oil**.
- Season with **salt** and **pepper**. Add **pork** and toss until well coated.

6



Serve up

- Divide garlic rice between bowls.
- Top with spiced paprika pork, salad and **Greek-style yoghurt**.
- Garnish with **flaked almonds** and tear over **parsley**.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW39



CUSTOM OPTIONS



DOUBLE PORK LOIN STEAKS

Follow method above, cooking in batches if necessary.



ADD HALOUMI

Cut into bite-sized chunks. Cook until browned, 3-4 minutes.

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

