



# Asian-Style Pork & Slaw Bowl

with Ginger Glaze & Peanuts

Grab your Meal Kit with this symbol



Carrot



Celery



Oyster Sauce



Crushed Peanuts



Pork Loin Steaks



Ginger Paste

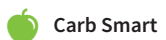


Shredded Cabbage Mix



Garlic Aioli

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



Finished with a slightly sweet and zingy glaze, serve these juicy seared pork steaks over a creamy and colourful slaw instead of rice to keep the carbs down - and the flavour in full force!

### Pantry items

Olive Oil, Brown Sugar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
celery	1 medium packet	1 large packet
pork loin steaks	1 small packet	1 large packet
ginger paste	1 medium packet	1 large packet
oyster sauce	1 packet (50g)	1 packet (100g)
<b>brown sugar*</b>	½ tbs	1 tbs
shredded cabbage mix	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2259kJ (539Cal)	545kJ (130Cal)
Protein (g)	38.4g	9.3g
Fat, total (g)	33.5g	8.1g
- saturated (g)	5.8g	1.4g
Carbohydrate (g)	20.2g	4.9g
- sugars (g)	16.7g	4g
Sodium (mg)	1649mg	398mg
Dietary Fibre (g)	7.4g	1.8g

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

- Grate **carrot**. Thinly slice **celery**.
- Season **pork loin steaks** with **salt** and **pepper**.



## Make the slaw

- In a medium bowl, combine **celery**, **shredded cabbage mix** and **carrot**. Add **garlic aioli**.
- Toss to coat. Season to taste.



## Cook the pork & glaze

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **pork steaks** until cooked through, **3-4 minutes** each side. Transfer to a plate to rest.
- Return frying pan to medium heat with a drizzle of **olive oil**. Cook **ginger paste** until fragrant, **30 seconds**. Add **oyster sauce** and the **brown sugar** and cook, stirring, until slightly thickened, **1-2 minutes**.
- Remove from heat, then add any **pork resting juices**.

**TIP:** Pork can be served slightly blushing pink in the centre.

**TIP:** Add a splash of water to thin the glaze, if needed.



## Serve up

- Slice Asian-style pork steak.
- Divide slaw between bowls. Top with pork, spooning over ginger glaze.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

## We're here to help!

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