



# Carb Smart Sticky Pork & Corn-Cauli Rice with Cheesy Slaw

FRESH & FAST

Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2195kJ (525Cal) | Protein 37.6g | Fat, total 23.7g - saturated 5.5g | Carbohydrate 35g - sugars 27g | Sodium 1955mg | Dietary Fibre 12.2g  
The quantities provided above are averages only | **Carb Smart**

We're here to help! Scan here  
2023 | WK16 | AL



# Get ready

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'll need

(along with the basics)

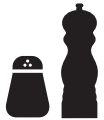


Large Frying Pan

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Slaw Mix	1 small bag	1 large bag
Shaved Parmesan Cheese	1 pkt (26g)	1 pkt (52g)
Garlic Paste	1 pkt	2 pkts
Cauliflower Rice	1 pkt (250g)	1 pkt (500g)
Pork Strips	1 small pkt	1 large pkt
Sweet & Savoury Glaze	1 medium pkt	1 large pkt
Ranch Dressing	1 pkt	2 pkts

## 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. Chop



Apple



Lime



Sweetcorn



Slaw Mix



Shaved Parmesan Cheese

## 2. Cook



Garlic Paste



Cauliflower Rice



Chicken-Style Stock Powder

## 3. Sizzle



Pork Strips



All-American Spice Blend



Sweet & Savoury Glaze



Walnuts



Ranch Dressing

- Thinly slice **apple** into wedges. Slice **lime** into wedges
- Drain **sweetcorn**
- In a large bowl, combine **slaw**, **Parmesan**, **apple**, a generous squeeze of **lime juice** and a drizzle of **olive oil**. Season

- In a frying pan, heat **olive oil** over medium-high heat. Cook **paste**, until fragrant, **1 minute**
- Add **cauliflower rice**, **corn** and **stock powder** and cook until softened, **2-4 mins**
- Divide between serving bowls

- Return frying pan to high heat with a drizzle of **olive oil**
- Cook **pork** and **spice blend** in batches, tossing occasionally, until golden and cooked through, **2-3 mins**
- Remove pan from heat and add **glaze**, toss to coat
- Top rice with **cheesy slaw**, **pork** and **walnuts**. Spoon over any remaining **glaze**
- Drizzle over **ranch dressing**. Serve with any remaining **lime wedges**



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