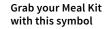
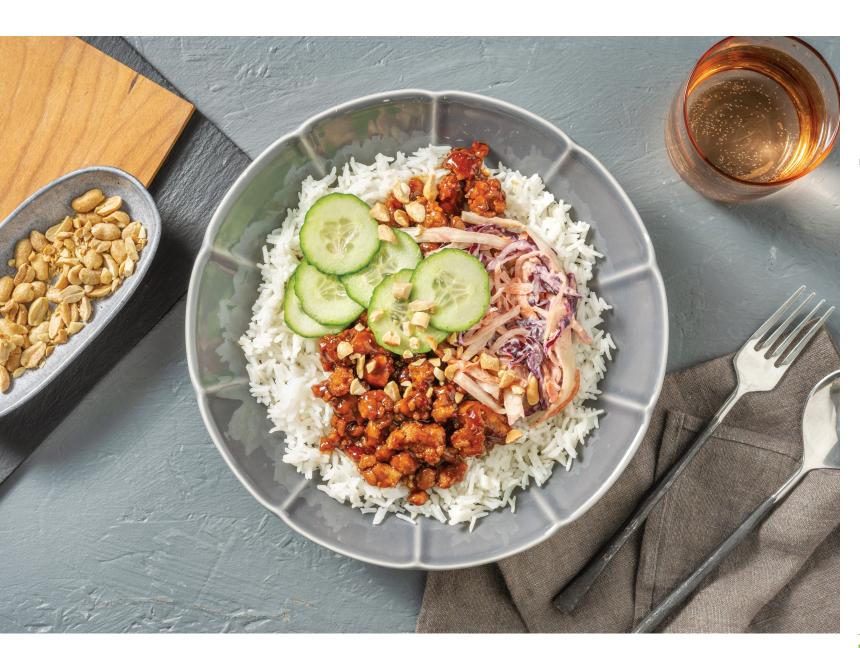


# Easy Teriyaki Pork Rice Bowl with Wasabi Mayo Slaw & Peanuts













Ginger Lemongrass Paste



Teriyaki Sauce





Cucumber







**Crushed Peanuts** 

Hands-on: 10-20 mins Ready in: 20-30 mins

Spicy (Wasabi mayo)

#### 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

Medium saucepan with a lid · Large frying pan

## Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	2 packets
pork mince	1 small packet	1 medium packet
ginger lemongrass paste	1 tub (40g)	2 tubs (80g)
teriyaki sauce	1 packet	2 packets
honey*	1 tsp	2 tsp
cucumber	1	2
wasabi mayo	1 tub (40g)	2 tubs (80g)
slaw mix	1 bag (150g)	1 bag (300g)
crushed peanuts	1 packet	2 packets

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3880kJ (927Cal)	813kJ (194Cal)
Protein (g)	36.5g	7.6g
Fat, total (g)	46.7g	9.8g
- saturated (g)	8.6g	1.8g
Carbohydrate (g)	88.2g	18.5g
- sugars (g)	22.7g	4.8g
Sodium (mg)	1354mg	284mg

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.



#### Make the rapid rice

Boil a kettle of water. Half-fill a medium saucepan with the water and return to the boil. Add the **basmati rice** and a pinch of **salt** and cook until tender, **12 minutes**. Drain and return to the saucepan.



# Cook the teriyaki pork

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**. Reduce the heat to medium, and add the **ginger lemongrass paste** and cook until fragrant, **1 minute**. Add the **teriyaki sauce** and **honey** and cook until thickened slightly, **1-2 minutes**.



#### Make the slaw

While the pork is cooking, slice the **cucumber** into rounds. In a medium bowl, combine the **wasabi mayo** and **slaw mix**. Season to taste.



#### Serve up

Divide the rice between bowls. Top with the teriyaki pork, wasabi mayo slaw and cucumber. Sprinkle with the **crushed peanuts**.

## Enjoy!