



Easy Teriyaki Pork Rice Bowl

with Wasabi Mayo Slaw & Peanuts

Grab your Meal Kit with this symbol



Basmati Rice



Pork Mince



Ginger Lemongrass Paste



Teriyaki Sauce



Cucumber



Wasabi Mayo



Slaw Mix



Crushed Peanuts

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

Spicy (Wasabi mayo)

Get ready for an Asian-inspired meal that comes together in a flash. If you're a lover of sweet, zesty and umami, then you're going to love this teriyaki pork rice bowl bursting with colour and flavour. Bonus: the peanuts on top add that crunch factor!

Pantry items

Olive Oil, Honey

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

	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	1 tub	2 tubs
lemongrass paste	(40g)	(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

*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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



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.

3



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.

2



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**.

4



Serve up

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

Enjoy!