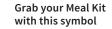


Ginger-Lemongrass Pork Bowl with Apple Slaw & Garlic Rice

KID FRIENDLY









Jasmine Rice





Coriander







Oyster Sauce



Pork Mince



Paste



Shredded Cabbage





Prep in: 20-30 mins Ready in: 30-40 mins In this Asian-inspired dish, the zingy, oyster sauce-laced pork mince packs a punch of flavour, and fresh, crunchy vegetables dance on the palate with every mouthful. Bring it all together with a fried egg and fragrant garlic rice for an all-round delight!

Olive Oil, Butter, White Wine Vinegar, Soy Sauce, Brown Sugar, Eggs

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
butter*	20g	40g
garlic paste	1 packet	2 packets
jasmine rice	1 medium packet	1 large packet
water*	1 ¼ cups	2 ½ cups
carrot	1	2
coriander	1 bag	1 bag
apple	1/2	1
pork mince	1 small packet	1 medium packet
ginger lemongrass paste	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
shredded cabbage mix	1 medium bag	1 large bag
oyster sauce	1 packet (50g)	1 packet (100g)
soy sauce*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
eggs*	2	4
beef mince**	1 small packet	1 medium packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3588kJ (858Cal)	654kJ (156Cal)
Protein (g)	41.2g	7.5g
Fat, total (g)	36.7g	6.7g
- saturated (g)	13.1g	2.4g
Carbohydrate (g)	89g	16.2g
- sugars (g)	21g	3.8g
Sodium (mg)	1703mg	311mg
Custom Recipe		
Avg Qty	Per Serving	Per 100g

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Avg Qty	Per Serving	Per 100g
Energy (kJ)	3614kJ (864Cal)	659kJ (158Cal)
Protein (g)	44.6g	8.1g
Fat, total (g)	35.8g	6.5g
- saturated (g)	13.5g	2.5g
Carbohydrate (g)	89g	16.2g
- sugars (g)	21g	3.8g
Sodium (mg)	1705mg	311mg

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.

We're here to help!

Scan here if you have any questions or concerns

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Make the garlic rice

- In a medium saucepan, melt the butter with a dash of olive oil over medium heat.
- Cook 1/2 the garlic paste until fragrant,
 1-2 minutes.
- Add jasmine rice, the water and a generous pinch of salt. Bring to the boil, then reduce heat to low and cover with a lid. Cook for 12 minutes, then remove from heat.
- Keep covered until rice is tender and water is absorbed, 10-15 minutes.

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



Make the slaw

- In a large bowl, combine a drizzle of white wine vinegar and olive oil.
- Season, then add carrot, shredded cabbage mix, apple and chopped coriander. Toss to combine.



Get prepped

- Meanwhile, grate carrot.
- Roughly chop coriander (reserve a few leaves for the garnish!).
- Thinly slice apple (see ingredients) into wedges.



Prep the pork

 In a medium bowl, combine pork mince, ginger lemongrass paste and remaining garlic paste.

Custom Recipe: If you've swapped to beef mince, combine beef mince in the same way as the pork mince.



Cook the pork & egg

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook pork mixture, breaking up with a spoon, until well browned, 3-4 minutes.
- Reduce heat to low, then add oyster sauce, the soy sauce, the brown sugar, a splash of water and a pinch of pepper. Toss until well coated, 1 minute. Transfer to a bowl and cover to keep warm.
- Return frying pan to high heat with another drizzle of oil (if needed). Crack the eggs into the pan. Cook until whites are firm and yolks are cooked to your liking, 2-3 minutes.

Custom Recipe: Cook beef mixture in the same way as above. For best results, drain oil from pan before adding the sauces.



Serve up

- Divide garlic rice between bowls. Top with apple slaw, ginger-lemongrass pork and fried egg.
- Garnish with remaining coriander to serve.
 Enjoy!



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