



# Ginger-Lemongrass Pork Bowl

with Apple Slaw & Garlic Rice

KID FRIENDLY

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Coriander



Apple



Oyster Sauce



Garlic Paste



Pork Mince



Ginger Lemongrass Paste



Shredded Cabbage Mix



Beef Mince

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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	20g	40g
garlic paste	1 packet	2 packets
jasmine rice	1 medium packet	1 large packet
<b>water*</b>	1 ¼ cups	2 ½ cups
carrot	1	2
coriander	1 bag	1 bag
apple	½	1
pork mince	1 small packet	1 medium packet
ginger		
lemongrass paste	1 packet	2 packets
<b>white wine vinegar*</b>	drizzle	drizzle
shredded cabbage mix	1 medium bag	1 large bag
oyster sauce	1 packet (50g)	1 packet (100g)
<b>soy sauce*</b>	1 tsp	2 tsp
<b>brown sugar*</b>	1 tsp	2 tsp
<b>eggs*</b>	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
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](https://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!

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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!

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## 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.

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## Get prepped

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

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## 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.

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## 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.

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## 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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