



# Ginger Pepper Pork & Onion Chutney

with Garlic Rice & Charred Pineapple Salsa

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Basmati Rice



Pineapple Slices



Cucumber



Baby Spinach Leaves



Black Peppercorns



Chilli Flakes (Optional)



Garlic Paste



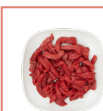
Pork Strips



Ginger Paste



Onion Chutney



Beef Strips

Prep in: 15-25 mins  
Ready in: 30-40 mins

Calorie Smart

Ginger and pepper brings a punch of flavour to the pork, cool it off with charred pineapple tossed into a salsa. Let's squeeze the aromatic scent of garlic into the rice and tonight's dinner is an easy to make flavour explosion waiting to go off with a bang!

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

### Pantry items

Olive Oil, White Wine Vinegar

## 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
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
<b>water*</b>	1½ cups	3 cups
pineapple slices	1 tin	2 tins
cucumber	1	2
baby spinach leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
black peppercorns	½ large sachet	1 large sachet
pork strips	1 small packet	1 large packet
ginger paste	1 medium packet	1 large packet
onion chutney	1 packet (40g)	2 packets (80g)
chilli flakes (optional)	pinch	pinch
beef strips**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2305kJ (551Cal)	521kJ (125Cal)
Protein (g)	32.1g	7.3g
Fat, total (g)	7.6g	1.7g
- saturated (g)	1.8g	0.4g
Carbohydrate (g)	85.1g	19.2g
- sugars (g)	21.7g	4.9g
Sodium (mg)	706mg	160mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2513kJ (601Cal)	568kJ (136Cal)
Protein (g)	36.8g	8.3g
Fat, total (g)	11.1g	2.5g
- saturated (g)	3.5g	0.8g
Carbohydrate (g)	84.9g	19.2g
- sugars (g)	21.7g	4.9g
Sodium (mg)	278mg	63mg

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!

Scan here if you have any questions or concerns



## 1 Make garlic rice

- In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Add **garlic paste** and cook until fragrant, **30 seconds-1 minute**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**.
- Remove pan from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

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



## 3 Cook pork

- When **rice** has **10 minutes** remaining, crush **black peppercorns** (see ingredients) in a pestle and mortar, or in their sachet using a rolling pin.
- In a bowl, combine **pork strips**, **crushed peppercorns**, a drizzle of **olive oil** and a pinch of **salt**.
- Return frying pan to high heat with a drizzle of **olive oil**. When **oil** is hot, cook **pork strips** in batches, until golden, **2-3 minutes**.
- Return all **pork** to pan. Add **ginger paste**, cook tossing until fragrant, **30 seconds**. Remove from heat, add **onion chutney** and toss to coat.

**Custom Recipe:** If you've swapped to beef strips, combine beef strips with peppercorns and heat pan as above. When oil is hot, cook beef strips, tossing, in batches until browned and cooked through, 1-2 minutes. Continue as above.



## 2 Make salsa

- While rice is cooking, drain **pineapple slices**. Heat a large frying pan over high heat.
- Cook **pineapple slices** until lightly charred, **2-3 minutes** each side.
- Meanwhile, roughly chop **cucumber** and **baby spinach leaves**. Remove **pineapple** from pan and roughly chop.
- In a bowl, combine **charred pineapple**, **cucumber**, **baby spinach**, a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



## 4 Serve up

- Divide garlic rice and ginger pepper pork between bowls.
- Serve with charred pineapple salsa.
- Sprinkle over a pinch of **chilli flakes** (if using). Enjoy!

## Rate your recipe

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