



Glazed Thai Pork Fillet

with Garlic Vegetables & Ginger-Makrut Lime Rice

Grab your Meal Kit with this symbol



Ginger



Makrut Lime Leaves



Jasmine Rice



Premium Pork Fillet



Thai Seven Spice Blend



Garlic



Lemon



Oyster Sauce



Broccoli



Capsicum



Mint



Long Red Chilli (Optional)

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Spicy (optional long red chilli)

Serve up a fancy dinner with a difference! Baste a tender pork fillet in an Asian-style glaze with oyster sauce for a flavoursome result, then add a combination of elegant veggies and ginger-makrut lime rice to complete your special occasion feast.

Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar

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 · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
makrut lime leaves	2 leaves	4 leaves
butter*	20g	40g
water* (for the rice)	1¼ cup	2½ cups
jasmine rice	1 packet	2 packets
premium pork fillet	1 packet	2 packets
Thai seven spice blend	1 sachet	2 sachets
garlic	1 clove	2 cloves
lemon	1	2
oyster sauce	1 sachet (50g)	1 sachet (100g)
soy sauce*	1 tsp	2 tsp
brown sugar*	2 tsp	1 tbs
water* (for the sauce)	¼ cup	½ cup
broccolini	1 bunch	2 bunches
capsicum	1	2
mint	1 bunch	1 bunch
long red chilli (optional)	1	2

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3594kJ (858Cal)	627kJ (149Cal)
Protein (g)	62.2g	10.8g
Fat, total (g)	28.8g	5g
- saturated (g)	11.8g	2.1g
Carbohydrate (g)	83g	14.5g
- sugars (g)	13.8g	2.4g
Sodium (mg)	1756mg	306mg

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.

Fancy a Drop?

We recommend pairing this meal with Riesling or Pinot Gris.

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1. Cook the rice

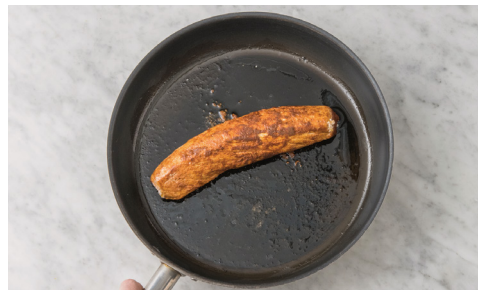
Preheat the oven to **220°C/200°C fan-forced**. Finely grate the **ginger** (unpeeled). De-stem and very thinly slice the **makrut lime leaves**. Heat a medium saucepan over a medium-heat with a **drizzle of olive oil** and the **butter**. Add the **ginger** and cook until fragrant, **1 minute**. Add the **water** (**for the rice**) and **lime leaves** to the saucepan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



4. Make the glaze

Return the frying pan to a medium heat. Pour in the **oyster sauce mixture** and cook until gently bubbling and thickened slightly, **2-3 minutes**. Transfer back to the bowl and set aside. When the **pork** is out of the oven, spoon over the **glaze** and roll the **pork** to coat. Cover loosely with foil and set aside to rest.



2. Cook the pork

While the rice is cooking, combine the **Thai seven spice blend**, a **drizzle of olive oil** and a **pinch of salt** and **pepper** in a large bowl. Add the **premium pork fillet** and toss to coat. Heat a **drizzle of olive oil** in a large frying pan over a high heat. Add the **pork** to the hot pan and cook, turning, until browned all over, **4 minutes**. Transfer to an oven tray lined with baking paper. Roast for **15-17 minutes** for medium, or until cooked to your liking.

TIP: Pork can be served slightly blushing pink in the centre.



5. Cook the veggies

Wipe out the frying pan and return to a medium-high heat. Add the **broccolini** and **capsicum** to the pan with a **dash of water**. Cook, tossing, until softened, **5-6 minutes**. Add a **drizzle of olive oil** to the pan along with the **garlic** and cook until fragrant, **1 minute**.



3. Get prepped

When the pork is in the oven, finely chop the **garlic** (or use a garlic press). Slice the **lemon** into wedges. In a small bowl, combine the **oyster sauce**, **soy sauce**, **brown sugar**, **water** (**for the sauce**) and a **good squeeze of lemon juice**. Trim the **broccolini**. Thinly slice the **capsicum** into strips. Pick and thinly slice the **mint** leaves. Thinly slice the **long red chilli** (if using).



6. Serve up

Thickly slice the glazed Thai pork. Divide the ginger-makrut lime rice between plates. Top with the garlic veggies and pork. Spoon over any glaze remaining on the oven tray and garnish with the mint and chilli (if using). Serve with the lemon wedges.

Enjoy!