

# Glazed Thai Pork Fillet

with Garlic Vegetables & Ginger-Makrut Lime Rice

Grab your Meal Kit with this symbol



Ginger



Makrut Lime Leaves



Jasmine Rice



Thai Seven Spice Blend



Premium Pork Fillet



Garlic



Lime



Oyster Sauce



Baby Broccoli






Baby Corn



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, Honey, 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
Thai seven spice blend	1 sachet	2 sachets
premium pork fillet	1 packet	2 packets
garlic	1 clove	2 cloves
lime	1	2
oyster sauce	1 sachet (50g)	1 sachet (100g)
soy sauce*	1 tsp	2 tsp
brown sugar*	½ tbs	1 tbs
water* (for the sauce)	¼ cup	½ cup
baby broccoli	1 bunch	2 bunches
baby corn	1 packet	2 packets
mint	1 bunch	1 bunch
long red chilli (optional)	1	2

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3472kJ (829Cal)	606kJ (144Cal)
Protein (g)	59.3g	10.4g
Fat, total (g)	28.4g	5g
- saturated (g)	11.8g	2.1g
Carbohydrate (g)	80.4g	14g
- sugars (g)	11.9g	2.1g
Sodium (mg)	1741mg	304mg

## 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.

## Fancy a drop?

We recommend pairing this meal with Riesling or Pinot Gris.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Cook the rice

Preheat the oven to **220°C/200°C fan-forced**. Finely grate the **ginger** (unpeeled). De-stem the **makrut lime leaves** and very thinly slice. 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**.



## 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.



## Cook the pork

While the rice is cooking, combine the **Thai seven spice blend** and a drizzle of **olive oil** in a large bowl. Add the **premium pork fillet**, season with **salt** and **pepper**, then 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 blushing pink in the centre.



## Cook the veggies

Wipe out the frying pan and return to a medium-high heat. Add the **baby broccoli** to the pan with a dash of **water**. Cook, tossing, until just softened, **4 minutes**. Add the **baby corn** and cook until tender, **1-2 minutes**. Add a drizzle of **olive oil** to the pan along with the **garlic** and cook until fragrant, **1 minute**.



## Get prepped

When the pork is in the oven, finely chop the **garlic**. Slice the **lime** into wedges. In a small bowl, combine the **oyster sauce**, **soy sauce**, **brown sugar**, **water (for the sauce)** and a good squeeze of **lime juice**. Trim the **baby broccoli**.



## Serve up

Pick the **mint** leaves and thinly slice. Thinly slice the **long red chilli** (if using). Slice the glazed Thai pork. Divide the ginger-makrut lime rice between plates. Top with the garlic veggies and pork. Spoon over the glaze and garnish with mint and chilli. Serve with the lime wedges.

## Enjoy!