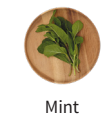
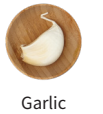
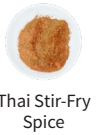
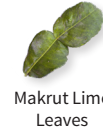



Glazed Thai Pork Fillet

with Garlic Veggies & Ginger-Makrut Lime Rice

Grab your Meal Kit with this symbol



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

 Spicy (optional long red chilli)

Serve up a fancy dinner with a difference! Roast 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 |
| makrut lime leaves | 2 leaves | 4 leaves |
| butter* | 20g | 40g |
| ginger paste | 1 medium packet | 1 large packet |
| water* (for the rice) | 1¼ cups | 2½ cups |
| jasmine rice | 1 medium packet | 1 large packet |
| Thai stir-fry spice | 1 medium sachet | 1 large sachet |
| 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 bag | 1 bag |
| long red chilli (optional) | 1 | 2 |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3710kJ (886Cal) | 654kJ (156Cal) |
| Protein (g) | 62.1g | 10.9g |
| Fat, total (g) | 29.1g | 5.1g |
| - saturated (g) | 11.4g | 2g |
| Carbohydrate (g) | 89.5g | 15.8g |
| - sugars (g) | 11.9g | 2.1g |
| Sodium (mg) | 1806mg | 318mg |

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.

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

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Cook the rice

Preheat oven to **220°C/200°C fan-forced**. Remove centre veins from **makrut lime leaves**, then very finely chop. In a medium saucepan, heat a drizzle of **olive oil** and the **butter** over medium heat. Cook **ginger paste** until fragrant, **1 minute**. Add the **water (for the rice)** and **makrut lime leaves**. Bring to the boil, then add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from heat. Keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The makrut lime leaves are fibrous so you want to cut them into small pieces!



Make the glaze

Return frying pan to medium heat. Pour in the **oyster sauce mixture** and cook, stirring, until gently bubbling and slightly thickened, **2-3 minutes**. Transfer glaze back to the small bowl. When **pork** has finished roasting, top with the glaze, turning to coat. Cover loosely with foil and set aside to rest.



Cook the pork

While rice is cooking, combine **Thai stir-fry spice** and a drizzle of **olive oil** in a large bowl. Season with **salt** and **pepper**, then add **premium pork fillet**, tossing to coat. In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork**, turning, until browned all over, **4 minutes**. Transfer to a lined oven tray. 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 frying pan and return to medium-high heat. Cook **baby broccoli** with a dash of **water**, tossing, until just softened, **4 minutes**. Add **baby corn** and cook until tender, **1-2 minutes**. Add the **garlic** and a drizzle of **olive oil** and cook until fragrant, **1 minute**.



Get prepped

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



Serve up

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

Enjoy!

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