



MISO PORK & SESAME RICE

with Japanese Salad



Make a miso glaze



Jasmine Rice



Garlic



Spring Onion



Cucumber



Tomato



Long Red Chilli (Optional)



Coriander



Carrot



Pork Loin Steaks



Mixed Sesame Seeds



Miso Paste



Mixed Salad Leaves



Crispy Shallots



Japanese Dressing

Hands-on: **25 mins**
Ready in: **30 mins**
Spicy (optional long red chilli)

D Low calorie

Whip up a modern Japanese meal that hits the spot! It stars miso paste, the Japanese staple ingredient made from fermented soy beans that is salty and full of flavoursome umami. We've mixed up the miso into a sweet and savoury sauce for tender pork, with some inventive sides for a classic meal that will surprise and delight.

Pantry Staples: Olive Oil, Soy Sauce, Rice Wine Vinegar, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 COOK THE JASMINE RICE

In a medium saucepan, bring the **water (for the rice)** 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!*



2 GET PREPPED

While the rice is cooking, finely chop the **garlic** (or use a garlic press). Thinly slice the **spring onion**. Thinly slice the **cucumber**. Roughly chop the **tomato**. Thinly slice the **long red chilli** (if using). Roughly chop the **coriander**. Grate the **carrot** (unpeeled). Slice the **pork loin steaks** into 1cm strips. Heat a large frying pan over a medium-high heat. Add the **mixed sesame seeds** and toast, tossing occasionally, until golden, **2-3 minutes**. Transfer to a plate.



3 MAKE THE MISO SAUCE

In a small bowl, combine the **miso paste (see ingredients list)**, **garlic**, **soy sauce**, **rice wine vinegar**, **brown sugar** and **water (for the sauce)**.



4 COOK THE PORK

In the large frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add **1/2 the pork strips** and cook, tossing occasionally, until just cooked through, **2-3 minutes**. Transfer to a plate and repeat with the remaining pork. Return the pan to a medium heat, add the **miso sauce** and cook, stirring, until bubbling and thickened, **4-5 minutes**. Return the cooked pork to the pan and turn to coat in the sauce.



5 BRING IT ALL TOGETHER

Add the **spring onion** and **mixed sesame seeds** to the jasmine rice and stir to combine. In a large bowl, combine the **mixed salad leaves**, **carrot**, **cucumber**, **tomato**, **crispy shallots** and **Japanese dressing**. Toss to coat and season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the sesame rice between plates, top with the miso pork and spoon over any sauce from the pan. Garnish with the coriander and chilli (if using). Serve with the Japanese salad. **TIP:** *For the low-calorie option, serve with 1/2 the rice.*

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cup
jasmine rice	1 packet	2 packets
garlic	2 cloves	4 cloves
spring onion	1 bunch	1 bunch
cucumber	1	2
tomato	1	2
long red chilli (optional)	1	2
coriander	1 bag	1 bag
carrot	1	2
pork loin steaks	1 packet	1 packet
mixed sesame seeds	1 sachet	2 sachets
miso paste	½ tub (20 g)	1 tub (40 g)
soy sauce*	2 tsp	1 tbs
rice wine vinegar*	2 tsp	1 tbs
brown sugar*	2 tsp	1 tbs
water* (for the sauce)	1 tbs	2 tbs
mixed salad leaves	1 bag (30 g)	1 bag (60 g)
crispy shallots	1 packet	2 packets
Japanese dressing	1 tub (30 g)	2 tubs (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2220kJ (531Cal)	497kJ (119Cal)
Protein (g)	44.3g	9.9g
Fat, total (g)	16.2g	3.6g
- saturated (g)	3.6g	0.8g
Carbohydrate (g)	48.2g	10.8g
- sugars (g)	13.5g	3.0g
Sodium (g)	993mg	222mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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