



Sticky American-Style Pork

with Creamy Corn Slaw & Rice

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Chicken-Style Stock Powder



Tomato



Sweetcorn



Garlic Aioli



Slaw Mix



Pork Strips



All-American Spice Blend



BBQ Sauce



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 20-30 mins

Eat Me Early*
*Custom Recipe only

When you coat juicy pork strips with our trusty All-American spice blend and sweet BBQ sauce, you can't go wrong. Make this meal even better by whipping up a crisp and colourful slaw, complete with a stellar garlic aioli.

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

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
butter*	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
tomato	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
garlic aioli	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
slaw mix	1 small bag	1 large bag
pork strips	1 small packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 packet (40g)	2 packets (80g)
chicken tenderloins**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3448kJ (824Cal)	751kJ (179Cal)
Protein (g)	35.3g	7.7g
Fat, total (g)	37.1g	8.1g
- saturated (g)	9.2g	2g
Carbohydrate (g)	84g	18.3g
- sugars (g)	19.6g	4.3g
Sodium (mg)	1802mg	392mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3559kJ (851Cal)	713kJ (170Cal)
Protein (g)	45.6g	9.1g
Fat, total (g)	35.3g	7.1g
- saturated (g)	8.6g	1.7g
Carbohydrate (g)	83.5g	16.7g
- sugars (g)	19.4g	3.9g
Sodium (mg)	1451mg	291mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the rice

- Boil the kettle.
- Half-fill a medium saucepan with the boiled water. Add **basmati rice** and cook uncovered, over high heat, until tender, **12 minutes**.
- Drain **rice** and return to saucepan. Add the **butter** and **chicken-style stock powder**. Stir until butter is melted and combined.

3



Cook the pork

- When the rice has **5 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **pork strips**, in batches, until golden, **2-3 minutes**.
- Reduce heat to medium. Return all the **pork** to the pan. Add **All-American spice blend** and cook, tossing, until coated and fragrant, **1 minute**.
- Add **BBQ sauce** and a splash of **water**. Toss to coat and cook until slightly reduced, **1 minute**.

TIP: *Cooking the pork in batches over high heat helps it stay tender.*

Custom Recipe: If you've swapped to chicken tenderloins, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken tenderloins until browned and cooked through (when no longer pink inside), 3-4 minutes each side. Reduce heat to medium and continue as above.

2



Get prepped

- While the rice is cooking, roughly chop **tomato**. Drain **sweetcorn**.
- In a medium bowl, combine **garlic aioli** and a drizzle of the **white wine vinegar** and **olive oil**. Add **slaw mix**, **corn** and **tomato**. Set aside.

TIP: *Toss the slaw just before serving to keep it crisp!*

Little cooks: *Take the lead by combining the ingredients for the slaw!*

4



Serve up

- Toss the slaw. Season to taste.
- Divide rice and creamy corn slaw between bowls. Top with sticky American-style pork to serve. Enjoy!

Little cooks: *Take the lead by tossing the slaw!*

Rate your recipe

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