

Quick American-Style BBQ Pork

with Smokey Corn Slaw & Rice

Grab your Meal Kit with this symbol



Basmati Rice



Vegetable Stock Powder



Celery



Sweetcorn



All-American Spice Blend



BBQ Sauce



Smokey Aioli



Slaw Mix



Pork Strips



Beef Strips

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **20-30 mins**
 Ready in: **20-30 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

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

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 · 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
vegetable stock powder	1 medium sachet	1 large sachet
celery	1 stalk	2 stalks
sweetcorn	1 tin (125g)	1 tin (300g)
smokey aioli	1 medium packet (50g)	1 large packet (100g)
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	2 packets
beef strips**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3426kJ (819Cal)	730kJ (174Cal)
Protein (g)	39.9g	8.5g
Fat, total (g)	33.8g	7.2g
- saturated (g)	10g	2.1g
Carbohydrate (g)	84.8g	18.1g
- sugars (g)	20.2g	4.3g
Sodium (mg)	1979mg	422mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3416kJ (816Cal)	769kJ (184Cal)
Protein (g)	39.2g	8.8g
Fat, total (g)	33.9g	7.6g
- saturated (g)	10.4g	2.3g
Carbohydrate (g)	84.6g	19g
- sugars (g)	20.2g	4.5g
Sodium (mg)	1598mg	360mg

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

2022 | CW34



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 pan. Add the **butter** and **vegetable 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 a high heat helps it stay tender.*

Custom Recipe:

If you've swapped to beef strips, heat the frying pan as above. When oil is hot, cook beef, in batches, until browned and cooked through, 1-2 minutes. Continue as above.

2



Get prepped

- While the rice is cooking, thinly slice **celery**. Drain the **sweetcorn**.
- In a medium bowl, combine **smokey aioli** and a drizzle of **white wine vinegar** and **olive oil**. Add **slaw mix**, **corn** and **celery**. Set aside.

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

4



Serve up

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

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate