



# Quick American-Style Sticky Pork

with Creamy Corn Slaw & Rice

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Chicken-Style Stock Powder



Tomato



Sweetcorn



All-American Spice Blend



Garlic Aioli



Slaw Mix



Pork Strips



BBQ Sauce



Beef Strips

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

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 smoky aioli.

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

### Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine)

## 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
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
tomato	1	2
sweetcorn	½ large tin	1 large tin
garlic aioli	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or rice wine)	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)
beef strips**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3464kJ (828Cal)	738kJ (176Cal)
Protein (g)	35.3g	7.5g
Fat, total (g)	37.1g	7.9g
- saturated (g)	9.3g	2g
Carbohydrate (g)	83.3g	17.8g
- sugars (g)	18.3g	3.9g
Sodium (mg)	1712mg	365mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3649kJ (872Cal)	778kJ (186Cal)
Protein (g)	39g	8.3g
Fat, total (g)	40.4g	8.6g
- saturated (g)	11g	2.3g
Carbohydrate (g)	82.8g	17.6g
- sugars (g)	18g	3.8g
Sodium (mg)	1359mg	290mg

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](https://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



## 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 **chicken-style stock powder**. Stir until **butter** is melted and combined.



## 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.



## Get prepped

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

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



## 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!

## Rate your recipe

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