

Quick American-Style Sticky Pork with Creamy Corn Slaw & Rice

KID FRIENDLY

Grab your Meal Kit with this symbol





Stock Powder

Basmati Rice

Sweetcorn





All-American Spice Blend

Garlic Aioli



Slaw Mix

Pork Strips

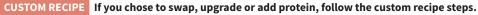


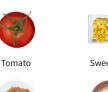


Prep in: 20-30 mins Ready in: 20-30 mins When you coat juicy pork strips with BBQ sauce and our trusty All-American spice blend, you can't go wrong. Make this meal even better by whipping up a crisp and colourful slaw, complete with a stellar smokey aioli.

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

 ${\sf Medium\ saucepan} \cdot {\sf Large\ frying\ pan}$

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	½ large tin	1 large tin	
garlic aioli	1 medium packet	1 large packet	
vinegar* (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** for allergen and

ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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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.



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!



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.



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!

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