

# 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

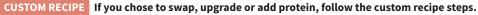


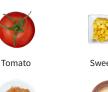


Prep in: 20-30 mins Ready in: 20-30 mins When you coat juicy pork strips with BBQ sauce and our trusty All-American spice blend, you can't go wrong. Make this meal even better by whipping up a crisp and colourful slaw, complete with a stellar smokey aioli.

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	
<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)	<b>3649kJ</b> (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.

#### We're here to help! Scan here if you have any questions or concerns 2023 | CW09



## 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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