



Easy Southeast Asian Pork Bowl

with Sautéed Veggies & Sesame Dressing



Basmati Rice



Vegetable Stock Powder



Red Onion



Carrot



Asian Greens



Southeast Asian Spice Blend



Pork Strips



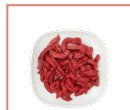
Long Red Chilli (Optional)



Sesame Dressing



Roasted Peanuts



Beef Strips



Hands-on: **15-25 mins**
Ready in: **25-35 mins**



Spicy (optional long red chilli)

Toss Southeast Asian-spiced pork strips with crisp and colourful veggies. Serve on a bed of rice, top with quick pickled onion and a drizzle of creamy sesame dressing, and meet your new go-to weeknight dinner!



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

Pantry items

Olive Oil, Rice Wine Vinegar (or 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
vegetable stock powder	1 medium sachet	1 large sachet
red onion	½	1
rice wine vinegar* (or white wine vinegar)	¼ cup	½ cup
carrot	1	2
Asian greens	1 bag	2 bags
Southeast Asian spice blend	1 sachet	2 sachets
pork strips	1 small packet	1 large packet
long red chilli (optional)	½	1
sesame dressing	1 packet (60g)	2 packets (120g)
roasted peanuts	1 medium packet	1 large packet
beef strips**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3177kJ (759Cal)	599kJ (143Cal)
Protein (g)	40.3g	7.6g
Fat, total (g)	30.7g	5.8g
- saturated (g)	5.1g	1g
Carbohydrate (g)	76.6g	14.4g
- sugars (g)	14.3g	14.4g
Sodium (mg)	1877mg	354mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3176kJ (759Cal)	629kJ (150Cal)
Protein (g)	46.1g	9.1g
Fat, total (g)	28.1g	5.6g
- saturated (g)	4.1g	0.8g
Carbohydrate (g)	76.6g	15.2g
- sugars (g)	14.3g	15.2g
Sodium (mg)	1210mg	240mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW46



Cook the rice

- Boil the kettle.
- Half-fill a medium saucepan with the boiling water. Add **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**. Drain and return to the pan. Stir in **vegetable stock powder** and cover to keep warm.



Cook the pork & veggies

- In a medium bowl, combine **Southeast Asian spice blend** and a drizzle of **olive oil**. Add **pork strips**, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **pork**, in batches, until golden, **2-3 minutes**. Transfer to a large bowl. Cover to keep warm.
- Return frying pan to a medium-high heat with a drizzle of **olive oil**. Cook **carrot**, tossing, until tender, **4-5 minutes**. Add **Asian greens** and cook until wilted, **1-2 minutes**. Remove from heat. Season to taste.

CUSTOM RECIPE

If you've swapped to beef strips, toss the beef with the spice blend and prepare the pan as above. Cook beef strips, in batches, until browned and cooked through, 1-2 minutes. Continue as above.



Prep the veggies

- While rice is cooking, thinly slice **red onion** (see ingredients).
- In a small heatproof bowl, combine **onion**, **rice wine vinegar** and a good pinch of **sugar** and **salt**. Microwave for **30 second** bursts, until softened. Set aside.
- Thinly slice **carrot** into half-moons. Roughly chop **Asian greens**.



Serve up

- Thinly slice **long red chilli** (if using). Drain pickled onion.
- Divide rice between bowls. Top with sautéed veggies, Southeast Asian pork and pickled onion.
- Drizzle with **sesame dressing**. Sprinkle with chilli and **roasted peanuts** to serve.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

