

Peri-Peri Pork Steaks & Corn Rice

with Steamed Veggies & Garlic Aioli

KID FRIENDLY



Grab your Meal Kit with this symbol











Basmati Rice









Seasoning



Trimmed Green



Garlic Aioli

Beans



Pantry items

Olive Oil, Butter, Honey

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid \cdot Large frying pan

Ingredients

| ingi calcino | | | |
|-----------------|--|--|--|
| 2 People | 4 People | | |
| refer to method | refer to method | | |
| 20g | 40g | | |
| 1 medium tin | 1 large tin | | |
| 1 medium sachet | 1 large sachet | | |
| 1 medium packet | 1 large packet | | |
| 1½ cups | 3 cups | | |
| 1 medium sachet | 2 medium sachets | | |
| 1 medium packet | 2 medium packets OR 1 large packet | | |
| 1 tsp | 2 tsp | | |
| 1 | 2 | | |
| 1 medium packet | 1 large packet | | |
| 1 medium packet | 1 large packet | | |
| 1 medium packet | 2 medium packets OR 1 large packet | | |
| | refer to method 20g 1 medium tin 1 medium sachet 1 medium packet 1½ cups 1 medium packet 1 tsp 1 1 medium packet 1 medium packet | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 3594kJ (859Cal) | 772kJ (185Cal) |
| Protein (g) | 37.6g | 8.1g |
| Fat, total (g) | 41g | 8.8g |
| - saturated (g) | 12.4g | 2.7g |
| Carbohydrate (g) | 82.8g | 17.8g |
| - sugars (g) | 14.7g | 3.2g |
| Sodium (mg) | 1650mg | 354mg |
| Dietary Fibre (g) | 13.5g | 2.9g |
| | | |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|-----------------------|
| Energy (kJ) | 4563kJ (1091Cal) | 741kJ (177Cal) |
| Protein (g) | 65g | 10.6g |
| Fat, total (g) | 54.2g | 8.8g |
| - saturated (g) | 17.6g | 2.9g |
| Carbohydrate (g) | 83.7g | 13.6g |
| - sugars (g) | 15.2g | 2.5g |
| Sodium (mg) | 2096mg | 341mg |
| Dietary Fibre | 13.5g | 2.2g |

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





Cook the rice

- In a medium saucepan, heat the butter with a dash of olive oil over medium heat. Drain sweetcorn.
- Cook garlic & herb seasoning and corn, stirring, until fragrant, 1 minute.
- Add basmati rice and the water, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for 10 minutes, then remove pan from heat and keep covered until rice is tender and water is absorbed, 10 minutes.

TIP: The rice will finish cooking in its own steam, so don't peek!



Steam the veggies

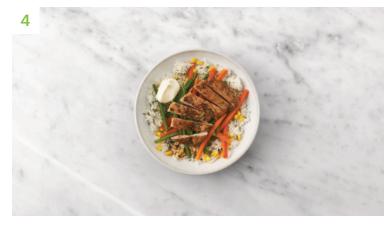
- · While pork is resting, thinly slice carrot into sticks.
- Add trimmed green beans, carrot and a splash of water to a microwave-safe bowl, then cover with a damp paper towel.
- Microwave veggies on high until just tender, 2-4 minutes.
- Drain veggies, then return to the bowl, season, drizzle with olive oil and cover to keep warm.



Cook the pork steaks

- Meanwhile, in a medium bowl, combine peri-peri seasoning, a drizzle of olive oil and a pinch of salt. Add pork loin steaks, turning to coat.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. When
 oil is hot, cook pork steaks until cooked through, 3-4 minutes each side
 (cook in batches if your pan is getting crowded).
- Remove from heat and add the honey, turning pork to coat. Transfer to a
 plate, cover and rest for 5 minutes.

Custom Recipe: If you've doubled your pork loin steaks, season extra pork steaks as above. Cook pork in batches for best results, returning all pork to the pan before adding the honey.



Serve up

- Slice pork.
- Divide corn rice and steamed veggies between bowls. Top with peri-peri pork steaks. Spoon over any resting juices.
- Dollop with garlic aioli to serve. Enjoy!