



Peri-Peri Pork Steaks & Corn Rice

with Steamed Veggies & Garlic Aioli

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweetcorn



Garlic & Herb Seasoning



Basmati Rice



Peri-Peri Seasoning



Pork Loin Steaks



Carrot



Trimmed Green Beans



Garlic Aioli



Pork Loin Steaks

Prep in: 10-20 mins
Ready in: 25-35 mins

You can't really go wrong with this recipe as it checks every box - a tasty protein (a peri-peri pork number that is such a staple), a perfect serving of carbs (corn rice that never misses) and some steamed veggies to balance it all out!

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

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
sweetcorn	1 medium tin	1 large tin
garlic & herb seasoning	1 medium sachet	1 large sachet
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
peri-peri seasoning	1 medium sachet	2 medium sachets
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
honey*	1 tsp	2 tsp
carrot	1	2
trimmed green beans	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
pork loin steaks**	1 medium packet	2 medium packets OR 1 large 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



1



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!

3



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.

2



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.

4



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!

Rate your recipe

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