



Vietnamese-Style Pork Steaks & Rice

with Fried Egg, Sriracha & Pickled Rainbow Salad

FEEL-GOOD TAKEAWAY

Grab your meal kit with this number

41



White Rice



Carrot



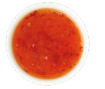
Garlic



Spring Onion



Ginger Paste



Sweet Chilli Sauce



Pork Loin Steaks



Sweet Soy Seasoning



Deluxe Salad Mix



Sriracha



Pork Loin Steak



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 30-40 mins

Protein Rich

Enjoy the colour and texture of this vibrant dish thanks to a mouth-watering combo of tender pork, fluffy rice, delicate veggies and a fried egg. Don't forget a drizzle of sriracha for some added kick!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Low Sodium Soy Sauce, Egg

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
water*	1¼ cups	2½ cups
white rice	1 medium packet	1 large packet
carrot	1	2
vinegar* (white wine or rice wine)	¼ cup	½ cup
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
ginger paste	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
low sodium soy sauce*	1 tbs	2 tbs
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	½ sachet	1 sachet
egg*	2	4
deluxe salad mix	1 medium packet	1 large packet
sriracha	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3103kJ (742cal)	370kJ (89cal)
Protein (g)	43.4g	5.2g
Fat, total (g)	26.4g	3.2g
- saturated (g)	8.3g	1g
Carbohydrate (g)	79.9g	9.5g
- sugars (g)	14.9g	1.8g
Sodium (mg)	1385mg	165.3mg
Dietary Fibre (g)	22.7g	2.7g

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.

1



Cook the rice

- Add the **water** to a medium saucepan and bring to the boil. Drain and rinse **white rice**.
- Add **rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove the pan from heat and keep covered until rice is tender and all the water is absorbed, **10 minutes**.

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

4



Fry the eggs

- Wash out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **4-5 minutes**.

2



Pickle the carrot & get prepped

- While rice is cooking, using a vegetable peeler, peel **carrot** into ribbons.
- In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Add **carrot** to pickling liquid. Add enough water to just cover carrot. Set aside.
- Finely chop **garlic**.
- Thinly slice **spring onion**.
- In a small bowl, combine **ginger paste**, **garlic**, **sweet chilli sauce** and the **low sodium soy sauce**.

5



Toss the rainbow salad

- Reserve some **pickling liquid** (1 tsp for 2 people / 2 tsp for 4 people), then drain **pickled carrot**.
- In a medium bowl, combine **deluxe salad mix**, **pickled carrot ribbons**, the **reserved pickling liquid** and a drizzle of **olive oil**.
- Season with **salt** and **pepper** to taste.

3



Cook the pork steaks

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **pork loin steaks** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- In the **last minute** of cook time, sprinkle with **sweet soy seasoning (see ingredients)** and add **sweet chilli glaze**, turning **pork** to coat.
- Transfer to a plate, cover and rest for **5 minutes**.

6



Serve up

- Divide rice, Vietnamese-style pork steaks (slice if preferred) and pickled rainbow salad between plates. Spoon any remaining glaze from pan over pork.
- Top with a fried egg and spring onion.
- **SPICY!** Use less **sriracha** if you're sensitive to heat! Drizzle over **sriracha** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE PORK LOIN STEAK

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN TENDERLOINS

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

