



CHINESE HOISIN-GLAZED PORK

with Broccoli & Coconut Rice



Master coconut rice



Coconut Milk



Basmati Rice



Ginger



Garlic



Pork Loin Steaks



Carrot



Broccoli



Coriander



Long Red Chilli (Optional)



Hoisin Sauce



Roasted Peanuts

Hands-on: **25 mins**
Ready in: **30 mins**

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional long red chilli)

Every element of this recipe is a winner, from the hoisin-glazed pork to the more-ish coconut rice and tender-crisp veggies. So if you're looking for an easy midweek dinner that's big on flavour on low on fuss, this one's for you.

Pantry Staples: Olive Oil, Soy Sauce (Or Gluten Free Tamari Soy Sauce), Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 COOK THE RICE

In a medium saucepan, combine the **coconut milk**, **water (for the rice)** and **salt** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



2 FLAVOUR THE PORK

While the rice is cooking, finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Cut the **pork loin steaks** into 2cm chunks. In a medium bowl, combine the ginger, garlic, **soy sauce**, **honey** and **olive oil (1 tbs for 2 people / 2 tbs for 4 people)**. Add the pork loin chunks and toss to coat.



3 PREP THE VEGGIES

Thinly slice the **carrot** (unpeeled) into half moons. Cut the **broccoli** into small florets and roughly chop the stalk. Roughly chop the **coriander**. Thinly slice the **long red chilli** (see ingredients list), if using.



4 COOK THE PORK

Heat a large frying pan over a medium-high heat. Add the **pork** and cook, tossing, until browned and cooked through, **3-4 minutes**. Transfer to a medium bowl.

TIP: If your pan is getting crowded, cook the pork in batches for the best results!



5 FINISH THE SAUCE

Wash out the pan and return to a medium-high heat with a **drizzle of olive oil**. Add the **carrot** and **broccoli** and cook until almost tender, **2-3 minutes**. Add the **hoisin sauce** and **water (for the sauce)**. Reduce the heat to medium and simmer until tender, **3 minutes**. Return the **pork** to the pan and stir to coat in the sauce. Season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the coconut rice between bowls and top with the Chinese hoisin-glazed pork and veggies. Sprinkle with the **roasted peanuts**, coriander and chilli (if using).

ENJOY!

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|--|-----------------|-------------------|
| olive oil* | refer to method | refer to method |
| coconut milk | 1 tin (165 ml) | 1 tin (400 ml) |
| water* (for the rice) | 1 cup | 1 ¼ cups |
| salt* | ¼ tsp | ½ tsp |
| basmati rice | 1 packet | 2 packets |
| ginger | 1 knob | 2 knobs |
| garlic | 1 clove | 2 cloves |
| pork loin steaks | 1 packet | 1 packet |
| soy sauce* (or gluten free tamari soy sauce) | 1 tsp | 2 tsp |
| honey* | 1 tsp | 2 tsp |
| carrot | 1 | 2 |
| broccoli | 1 head | 2 heads |
| coriander | 1 bag | 1 bag |
| long red chilli (optional) | ½ | 1 |
| hoisin sauce | 1 sachet (75 g) | 2 sachets (150 g) |
| water* (for the sauce) | ¼ cup | ½ cup |
| roasted peanuts | 1 packet | 2 packets |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 3540kJ (845Cal) | 600kJ (143Cal) |
| Protein (g) | 55.0g | 9.3g |
| Fat, total (g) | 26.0g | 4.4g |
| - saturated (g) | 12.0g | 2.0g |
| Carbohydrate (g) | 87.4g | 14.8g |
| - sugars (g) | 22.1g | 3.8g |
| Sodium (g) | 1170mg | 198mg |

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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