



Ginger-Lemongrass Pork Bowl

with Apple Slaw, Garlic Rice & Peanuts

Grab your Meal Kit
with this symbol



Garlic



Jasmine Rice



Carrot



Mint



Apple



Pork Mince



Ginger Lemongrass
Paste



Sesame Oil
Blend



Shredded Cabbage
Mix



Oyster Sauce



Roasted Peanuts

Hands-on: 20-30 mins
Ready in: 30-40 mins

This dish is perfect for a warm summer's evening; it will fill you up and still keep you light on your toes. The ginger and lemongrass-infused pork mince packs a punch of flavour, and fresh, crunchy vegetables dance on the palate with every mouthful. Bring it all together with a fried egg and fragrant garlic rice for an all-round delight!

Pantry items

Olive Oil, Butter, White Wine Vinegar,
Soy Sauce, Brown Sugar, Eggs

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water*	1 ¼ cups	2 ½ cups
carrot	1	2
mint	1 bag	1 bag
apple	1	2
pork mince	1 small packet	1 medium packet
ginger lemongrass paste	1 packet	2 packets
sesame oil blend	½ packet	1 packet
white wine vinegar*	drizzle	drizzle
shredded cabbage mix	1 medium bag	1 large bag
oyster sauce	1 packet (50g)	1 packet (100g)
soy sauce*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
eggs*	2	4
roasted peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4094kJ (978Cal)	726kJ (174Cal)
Protein (g)	45.3g	8g
Fat, total (g)	46g	8.2g
- saturated (g)	14.6g	2.6g
Carbohydrate (g)	90.8g	16.1g
- sugars (g)	21.5g	3.8g
Sodium (mg)	1646mg	292mg

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.

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1



Make the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **jasmine rice**, the **water** and a generous pinch of **salt**. Bring to the boil, then reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat. Keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

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

4



Make the slaw

In a large bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add the **carrot**, **shredded cabbage mix**, **apple** and some **mint** (reserve a pinch for the garnish!). Toss to combine.

2



Get prepped

While the rice is cooking, grate the **carrot**. Pick and roughly chop the **mint**. Thinly slice the **apple** into wedges.

3



Flavour the pork

In a medium bowl, combine the **pork mince**, **ginger lemongrass paste**, **sesame oil blend** (see ingredients) and remaining **garlic**.

5



Cook the pork & fry the eggs

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **pork mixture**, breaking it up with a spoon, until well browned, **3-4 minutes**. Reduce the heat to low, then add the **oyster sauce**, **soy sauce**, **brown sugar**, a splash of **water** and a pinch of **pepper**. Toss until well coated, **1 minute**. Transfer to a bowl and cover to keep warm. Return the pan to a high heat with another drizzle of **oil** (if needed). Crack the **eggs** into the pan. Cook until the whites are firm and the yolks are cooked to your liking, **2-3 minutes**.

TIP: The cook-time for the eggs will give you a soft yolk. Fry for 6-7 minutes for a hard yolk.

6



Serve up

Divide the garlic rice between bowls. Top with the apple slaw, ginger-lemongrass pork and fried egg. Garnish with the **roasted peanuts** and reserved mint to serve.

Enjoy!

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