



# Teriyaki Pork & Veggie Bowl

with Peanut Rice & Coconut Sweet Chilli Mayo

Grab your Meal Kit  
with this symbol



Jasmine Rice



Cucumber



Garlic



Carrot



Capsicum



Lime



Teriyaki Sauce



Pork Mince



Crushed Peanuts



Coconut Sweet  
Chilli Mayonnaise



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

Get ready for an Asian-inspired meal that comes together in a flash. If you're a lover of sweet, zesty and umami, then you're going to love this teriyaki pork and veggie bowl bursting with colour and flavour. Bonus: the peanut rice adds loads of texture so that every bite has that crunch factor!

## Pantry items

Olive Oil, Soy Sauce, Brown Sugar



## 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
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
cucumber	1	2
garlic	2 cloves	4 cloves
carrot	1	2
capsicum	1	2
lime	½	1
teriyaki sauce	½ sachet (65g)	1 sachet (130g)
soy sauce*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	2 tbs	¼ cup
pork mince	1 small packet	1 medium packet
crushed peanuts	1 packet	2 packets
coconut sweet	1 packet	1 packet
chilli mayonnaise	(50g)	(100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3592kJ (858Cal)	613kJ (146Cal)
Protein (g)	38.6g	6.6g
Fat, total (g)	38.9g	6.6g
- saturated (g)	8g	1.4g
Carbohydrate (g)	84.9g	14.5g
- sugars (g)	22.8g	3.9g
Sodium (mg)	852mg	145mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://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

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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

2



## Prep the veggies

While the rice is cooking, thinly slice the **cucumber** into half-moons. Finely chop the **garlic**. Thinly slice the **carrot** into half-moons. Slice the **capsicum** into thin strips. Cut the **lime** (see ingredients) into wedges.

3



## Make the teriyaki glaze

In a small bowl, combine the **teriyaki sauce** (see ingredients), **soy sauce**, **brown sugar** and **water (for the sauce)**.

4



## Cook the veggies

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **capsicum** and **carrot** until softened, **4-5 minutes**. Add the **garlic** and cook until slightly softened, **1-2 minutes**. Transfer to a bowl.

5



## Cook the pork

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **pork mince**, breaking up with a spoon, until just browned, **4-5 minutes**. Add the **teriyaki glaze** to the pan and stir to combine. Cook until slightly reduced, **1-2 minutes**. Remove the pan from the heat. Return the **veggies** to the pan and stir to combine. Add the **crushed peanuts** to the **rice** and stir to combine.

6



## Serve up

Divide the peanut rice between bowls and top with the teriyaki pork and veggies. Squeeze over the lime wedges. Dollop over the **coconut sweet chilli mayonnaise**. Serve with the cucumber.

## Enjoy!