

Vietnamese Caramelised Pork

with Garlic Rice, Fresh Slaw & Fried Egg

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Ginger



Carrot



Mint



Pear



Pork Mince



Sesame Oil Blend




Shredded Cabbage Mix



Oyster Sauce Roasted Peanut



Cashew Mix

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

This Vietnamese dish is perfect for a warm summer's evening; it will fill you up and still keep you light on your toes. Juicy pork mince packs a punch of flavour, and fresh, crunchy vegetables dance on the palate with each and every mouthful. Served on a bed of garlic rice, this dish will leave your tastebuds delighted.

Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Brown Sugar, Soy Sauce, 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 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
carrot	1	2
mint	1 bunch	1 bunch
pear	1	2
pork mince	1 small packet	1 medium packet
sesame oil blend	½ tub	1 tub
rice wine vinegar*	½ tbs	1 tbs
shredded cabbage mix	1 bag (150g)	1 bag (300g)
brown sugar*	1 ½ tsp	3 tsp
oyster sauce	1 sachet (50g)	1 packet (100g)
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	2 tbs	¼ cup
eggs*	2	4
roasted peanut cashew mix	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3963kJ (947Cal)	682kJ (163Cal)
Protein (g)	45.2g	7.8g
Fat, total (g)	44.1g	7.6g
- saturated (g)	14.5g	2.5g
Carbohydrate (g)	88.5g	15.2g
- sugars (g)	22.1g	3.8g
Sodium (mg)	2114mg	364mg

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.



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. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and 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!



Make the slaw

In a large bowl, combine the **rice wine vinegar** and a generous drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **carrot**, **shredded cabbage mix** and **mint** (reserving a pinch for the garnish). Toss to combine.



Get prepped

While the rice is cooking, grate the **ginger** (unpeeled). Grate the **carrot** (unpeeled). Pick and roughly chop the **mint**. Thinly slice the **pear**.



Cook the pork & fry the egg

Heat a drizzle of **olive oil** in a large frying pan over a high heat. When the oil is hot, cook the **pork mince mixture**, breaking up with a spoon, until well browned, **3-4 minutes**. Add the **brown sugar** and cook, stirring, until sticky, **1 minute**. Reduce the heat to low and add the **oyster sauce**, **soy sauce** and **water (for the sauce)**. Season with **pepper** and toss until well coated, **1 minute**. Transfer to a plate. Return the pan to a high heat with a drizzle of **olive oil** (if needed) and crack the **eggs** into the pan. Cook until the egg whites are cooked and the yolks are just firm, **2-3 minutes**.



Prep the pork

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



Serve up

Divide the garlic rice between bowls. Top with the Vietnamese caramelised pork, fried egg, fresh slaw and pear. Garnish with the **roasted peanut cashew mix** and reserved mint.

Enjoy!