

Vietnamese-Style Pork Bowl

with Corn & Coriander Slaw

Grab your Meal Kit with this symbol



Red Onion



Garlic



Sweetcorn



Coriander



Sesame Oil Blend



Oyster Sauce



Pork Mince



Ginger Lemongrass Paste



Slaw Mix



Garlic Aioli



Crispy Shallots

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Carb Smart

We've flavoured juicy pork mince with zingy ginger and lemongrass, nutty sesame oil, plus some sweet and savoury oyster sauce - and swapped rice out for a crunchy and colourful slaw to soak up the saucy deliciousness.

Pantry items

Olive Oil, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
garlic	2 cloves	4 cloves
sweetcorn	1 tin (125g)	1 tin (300g)
coriander	1 bag	1 bag
sesame oil blend	½ packet	1 packet
brown sugar*	1 tsp	2 tsp
oyster sauce	1 packet (50g)	1 packet (100g)
soy sauce*	1 tbs	2 tbs
water*	2 tbs	¼ cup
pork mince	1 small packet	1 medium packet
ginger lemongrass paste	½ packet	1 packet
slaw mix	1 small bag	1 large bag
garlic aioli	1 packet (50g)	1 packet (100g)
eggs*	2	4
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2710kJ (648Cal)	581kJ (139Cal)
Protein (g)	36.1g	7.7g
Fat, total (g)	48.5g	10.4g
- saturated (g)	10.7g	2.3g
Carbohydrate (g)	24.5g	5.3g
- sugars (g)	16.1g	5.3g
Sodium (mg)	1911mg	410mg
Dietary Fibre (g)	6.3g	1.4g

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



Pickle the onion

Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add to **pickling liquid**. Add enough **water** to just cover the **onion**, then set aside.

4



Toss the slaw

While the pork is cooking, add the **coriander**, **slaw mix**, **garlic aioli** and a drizzle of **olive oil** to the bowl with the charred **corn**. Toss to coat. Season to taste.

2



Get prepped

Finely chop the **garlic**. Drain the **sweetcorn**. Roughly chop the **coriander**. In a second small bowl, combine the **sesame oil blend** (see ingredients), **brown sugar**, **oyster sauce**, **soy sauce** and the **water**. Set aside. Heat a large frying pan over a high heat. Cook the **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the kernels are "popping" out.

5



Fry the egg

Wipe out the frying pan and return to a high heat with a drizzle of **olive oil**. When the oil is hot, crack the **eggs** into the pan. Cook until the egg whites are firm and the yolks are cooked to your liking, **2-3 minutes**.

TIP: This will give a soft yolk, fry for 6-7 minutes for a hard yolk.

3



Cook the pork

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **pork mince**, breaking it up with a spoon, until browned, **3-4 minutes**. Reduce the heat to medium, then add the **garlic** and **ginger lemongrass paste** (see ingredients) and cook until fragrant, **1 minute**. Add the **oyster sauce mixture**, tossing to coat, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.

6



Serve up

Drain the pickled onion. Divide the corn and coriander slaw and Vietnamese-style pork between bowls. Top with the fried egg and some pickled onion. Sprinkle with the **crispy shallots** to serve.

Enjoy!

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