



CHINESE HOISIN-GLAZED PORK

with Broccoli & Coconut Rice



Master coconut rice



Coconut Milk



Basmati Rice



Ginger



Garlic



Pork Loin Steaks



Carrot



Broccoli



Asian Greens



Lime



Hoisin Sauce



Roasted Peanuts



Hands-on: 25 mins
Ready in: 30 mins

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 and low on fuss, this one's for you.

Pantry Staples: Olive Oil, 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** 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 **Asian greens**. Slice the **lime** into wedges.



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**, **honey** 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. 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** and serve with the lime wedges on the side.

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	2 cloves	4 cloves
pork loin steaks	1 packet	1 packet
soy sauce*	2 tsp	4 tsp
carrot	1	2
broccoli	1 head	2 heads
Asian greens	1 bunch	2 bunches
lime	1	2
hoisin sauce	1 sachet (75 g)	2 sachets (150 g)
honey*	2 tsp	4 tsp
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.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

Hello@HelloFresh.co.nz

2019 | WK28

HelloFRESH