



# Seared Pork Steak & Creamy Coconut Laksa Sauce

with Garlic Rice, Soy Veggies & Crushed Peanuts

Grab your Meal Kit  
with this symbol



Garlic



Basmati Rice



Asian Greens



Baby Broccoli



Green Beans



Lemon



Pork Loin  
Steaks



Southeast Asian  
Spice Blend



Coconut Milk



Crushed Peanuts



Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

Steamed rice provides the perfect base for pan-seared pork and sautéed greens that'll have you experiencing a magical fusion feast with ease. For the big finish, pull the rabbit out of the hat by topping your pork with a creamy Asian coconut sauce. Tada!

## Pantry items

Olive Oil, Butter, 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
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
Asian greens	1 bag	2 bags
baby broccoli	1 bag	1 bag
green beans	1 bag (200g)	1 bag (400g)
lemon	½	1
soy sauce* (for the veggies)	½ tbs	1 tbs
pork loin steaks	1 packet	1 packet
Southeast Asian spice blend	1 sachet	1 sachet
coconut milk	1 box (200ml)	1 tin (400ml)
brown sugar*	1 tsp	2 tsp
soy sauce* (for the sauce)	½ tbs	1 tbs
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3826kJ (914Cal)	595kJ (142Cal)
Protein (g)	52.8g	8.2g
Fat, total (g)	42.7g	6.6g
- saturated (g)	25.4g	4g
Carbohydrate (g)	74.1g	11.5g
- sugars (g)	9.8g	1.5g
Sodium (mg)	714mg	111mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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 **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove 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



## Get prepped

While the rice is cooking, roughly chop the **Asian greens**. Trim and halve the **baby broccoli** and **green beans**. Zest the **lemon** to get a pinch, then slice into wedges.

3



## Cook the veggies

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **baby broccoli** and **green beans** until tender, **3-4 minutes**. Add the **Asian greens**, **soy sauce (for the veggies)** and a squeeze of **lemon juice**, stir to combine, then cook until the greens are wilted, **1-2 minutes**. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.

4



## Cook the pork

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Season both sides of the **pork loin steaks**. When the oil is hot, cook the **pork** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate, cover and rest for **5 minutes**.

5



## Make the laksa sauce

While the pork is resting, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **Southeast Asian spice blend** and remaining **garlic** until fragrant, **1 minute**. Add the **coconut milk**, the **brown sugar**, **soy sauce (for the sauce)**, **lemon zest** and a squeeze of **lemon juice** and stir to combine. Season and simmer until reduced slightly, **2-3 minutes**.

6



## Serve up

Slice the seared pork steaks. Divide the garlic rice between bowls. Top with the soy veggies and pork. Spoon the creamy coconut laksa sauce over the pork. Sprinkle over the **crushed peanuts**. Serve with any remaining lemon wedges.

## Enjoy!