



Vietnamese-Style Caramelised Pork Bowl

with Garlic Rice, Rainbow Slaw & Fried Egg

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Ginger



Carrot



Mint



Asian Greens



Shredded Cabbage Mix



Pork Mince



Sesame Oil Blend



Oyster Sauce



Crushed Peanuts



Beef Mince

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

This bountiful bowl has "new favourite" written all over it! The oyster sauce is the key ingredient, giving a delicious flavour kick to the mince. With tender rainbow veggies, garlic rice and a fried egg to top things off, it's a winner from start to finish.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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	1 packet
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
carrot	1	2
mint	1 bag	1 bag
Asian greens	1 bag	2 bags
rice wine vinegar*	½ tbs	1 tbs
shredded cabbage mix	1 bag (150g)	1 bag (300g)
pork mince	1 packet	1 packet
sesame oil blend	½ packet (7.5g)	1 packet (15g)
brown sugar*	½ tbs	1 tbs
oyster sauce	1 packet (45g)	1 packet (100g)
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	2 tbs	¼ cup
eggs*	2	4
crushed peanuts	1 packet	2 packets
beef mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3850kJ (920Cal)	624kJ (149Cal)
Protein (g)	46.1g	7.5g
Fat, total (g)	45.1g	7.3g
- saturated (g)	14.6g	2.4g
Carbohydrate (g)	80g	13g
- sugars (g)	12.3g	2g
Sodium (mg)	1612mg	261mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3963kJ (947Cal)	643kJ (154Cal)
Protein (g)	49.5g	8g
Fat, total (g)	43.5g	7.1g
- saturated (g)	15.9g	2.6g
Carbohydrate (g)	80g	13g
- sugars (g)	12.3g	2g
Sodium (mg)	1595mg	259mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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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 **jasmine rice**, **water (for the rice)** and the **salt**, stir, then 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!



4 Cook the pork

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **pork mixture**, breaking it up with a spoon, until browned, **3-4 minutes**. Add the **Asian greens** and cook until wilted, **1-2 minutes**. Add the **brown sugar** and cook, stirring, until sticky, **1 minute**. Reduce the heat to low, then add the **oyster sauce**, **soy sauce** and **water (for the sauce)**. Season with **pepper** and stir until well coated, **1 minute**. Transfer to a plate.

CUSTOM RECIPE

Cook the beef as above.



2 Get prepped

While the rice is cooking, grate the **ginger** and **carrot**. Pick and roughly chop the **mint** leaves. Roughly chop the **Asian greens**. In a large bowl, combine the **rice wine vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **carrot**, **shredded cabbage mix** and **mint** (reserving a pinch for a garnish). Toss to combine and set aside.



5 Fry the egg

Wipe out the frying pan, then return to a medium-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 to get a hard yolk.



3 Flavour the pork

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

CUSTOM RECIPE

If you've swapped your pork mince for beef mince, flavour the beef as above!



6 Serve up

Divide the garlic rice between bowls. Top with the Vietnamese-style caramelised pork, rainbow slaw and a fried egg. Garnish with the **crushed peanuts** and reserved mint to serve.

Enjoy!