

DINNERLY



Low-Cal Spicy Vietnamese Pork Rice Bowls

with Pickled Veg and Sambal Dressing



30 minutes



2 Servings

Think eating light means eating boring? Not in our book! Our low-cal recipes have all the punchy flavour and excitement you'd expect from us, with less than 599 calories per serve.

WHAT WE SEND

- 125g brown rice
- 1 carrot
- 1 Lebanese cucumber
- 2 pork loin steaks
- 15g Vietnamese pho seasoning ^{1,2}
- 20g sambal oelek ²

WHAT YOU NEED

- 1 tbs white vinegar
- 2 tsp honey
- 2 tsp vegetable oil
- 1 tsp soy sauce ¹

TOOLS

- medium saucepan
- julienne peeler or box grater
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (1), Sulphites (2). May contain traces of other allergens.

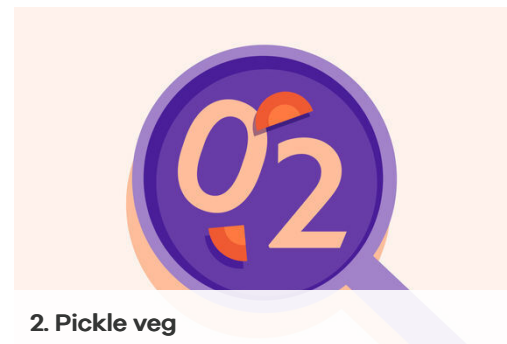
NUTRITION PER SERVING

Energy 565kcal, Fat 15.8g, Carbs 61.5g, Protein 40.3g



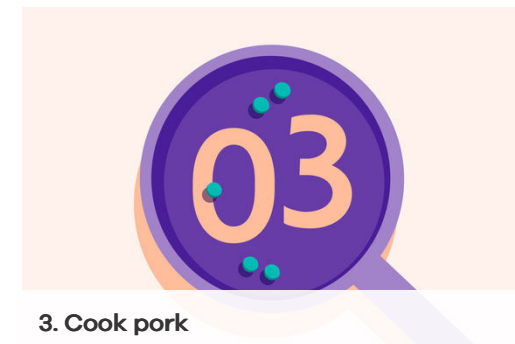
1. Cook rice

Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** and cook for 25-27 mins until tender. Drain.



2. Pickle veg

Meanwhile, shred the **carrot** using a julienne peeler or coarsely grate with a box grater. Cut the **cucumber** into small batons. Combine **3 tsp white vinegar** and **1 tsp honey** in a large bowl. Add the cucumber and carrot and toss to coat. Set aside to pickle, tossing occasionally, until needed.



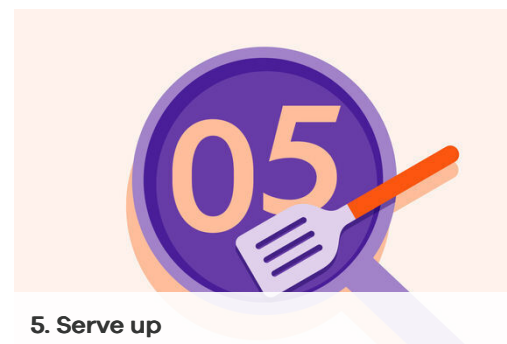
3. Cook pork

Heat **1 tsp vegetable oil** in a medium frypan over medium-high heat. Cook the **pork** for 4-5 mins each side until browned and cooked through (see Kitchen 101). Add the **pho seasoning** and **2 tbs water** and cook, turning the pork, for a further 30 secs or until coated. Remove from the pan and rest for 4 mins.



4. Make sambal dressing

While the pork is resting, combine the **sambal oelek**, **1 tsp white vinegar**, **1 tsp soy sauce**, **1 tsp vegetable oil**, **1 tsp honey** and **1 tbs water** in a bowl.



5. Serve up

Slice the **pork**. Divide the **rice**, **pickled veg** and pork among bowls. Drizzle over the **sambal dressing** and any pan juices. Enjoy!



6. Kitchen 101

The pork steaks will be cooked to blush pink, which is desired to ensure the meat is tender and juicy.