



Stir- Fried Pork & Oyster Sauce

with Veggies, Jasmine Rice & Peanuts

KID FRIENDLY

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Carrot



Broccoli



Oyster Sauce



Sweet Chilli Sauce



Pork Strips



Ginger Paste



Crushed Peanuts



Chicken Tenderloins

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me Early*
*Custom Recipe only

In this Thai takeaway-inspired dish, we've teamed quick-cooking pork strips and crisp and colourful veggies with a simple sauce that's the perfect balance of sweet and savoury flavours, complete with a touch of zing from the ginger.

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Soy Sauce

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
carrot	1	2
broccoli	½ head	1 head
oyster sauce	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
sweet chilli sauce	1 medium packet	2 medium packets
water* (for the sauce)	1 tbs	2 tbs
pork strips	1 small packet	1 large packet
ginger paste	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2553kJ (610Cal)	609kJ (146Cal)
Protein (g)	37.1g	8.8g
Fat, total (g)	10.2g	2.4g
- saturated (g)	2.3g	0.5g
Carbohydrate (g)	88.2g	21g
- sugars (g)	21.4g	5.1g
Sodium (mg)	2046mg	488mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2651kJ (634Cal)	577kJ (138Cal)
Protein (g)	48.7g	10.6g
Fat, total (g)	7.7g	1.7g
- saturated (g)	1.5g	0.3g
Carbohydrate (g)	87.3g	19g
- sugars (g)	21.2g	4.6g
Sodium (mg)	1703mg	371mg

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.

We're here to help!

Scan here if you have any questions or concerns



Cook the jasmine rice

- In a medium saucepan, add the **water (for the rice)** and bring to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the veggies

- Return frying pan to high heat with a drizzle of **olive oil**. Stir-fry **carrot** and **broccoli** until starting to soften, **5-6 minutes**.
- Add **garlic** and **ginger paste** and cook until fragrant, **1 minute**.

TIP: Add a dash of water to the pan to help speed up the cooking process.



Get prepped

- Meanwhile, finely chop **garlic**. Thinly slice **carrot** into half-moons. Cut **broccoli (see ingredients)** into small florets, then roughly chop the stalk.
- In a small bowl, combine **oyster sauce**, the **vinegar**, the **soy sauce**, **sweet chilli sauce** and the **water (for the sauce)**. Set aside.

Little cooks: Take charge by combining the ingredients for the sauce!

Custom Recipe: If you've swapped to chicken tenderloins, cut chicken into 2cm chunks.



Bring it all together

- Return **pork** to pan.
- Add **oyster sauce mixture** and cook, tossing, until heated through and well combined, **1-2 minutes**.

Custom Recipe: Return cooked chicken to the pan with the veggies. Continue with step.



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork strips**, in batches, tossing, until browned, **2-3 minutes**.
- Season with **salt** and **pepper**. Transfer to a plate.

TIP: Cooking the pork in batches over high heat helps keep it tender.

Custom Recipe: Heat frying pan as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Season and transfer to a plate.



Serve up

- Divide jasmine rice between bowls.
- Top with stir-fried pork and oyster sauce.
- Garnish with **crushed peanuts** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling the peanuts on top. Enjoy!

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