



Sweet Chilli Pork & Baby Broccoli Stir-fry

with Peanut Rice & Easy-Prep Veggies

KID FRIENDLY



Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Baby Broccoli



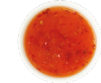
Lemon



Carrot & Zucchini Mix



Oyster Sauce



Sweet Chilli Sauce



Pork Mince



Crushed Peanuts



Beef Mince

Prep in: 15-25 mins
Ready in: 25-35 mins

It's a good thing this Asian-style dish is quick and easy to make, because it smells so amazing as it cooks, it's tempting to eat it straight from the pan! The 'secret' to its deliciousness is the addition of oyster sauce, which adds an umami-rich depth of flavour to the sweet chilli.

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

Pantry items

Olive Oil, 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
baby broccoli	1 bunch	2 bunches
lemon	½	1
carrot & zucchini mix	1 medium bag	1 large bag
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	2 medium packets
soy sauce*	1 tsp	2 tsp
water* (for the sauce)	1 tbs	2 tbs
pork mince	1 small packet	2 small packets OR 1 large packet
crushed peanuts	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2988kJ (714Cal)	536kJ (128Cal)
Protein (g)	38.6g	6.9g
Fat, total (g)	19g	3.4g
- saturated (g)	6g	1.1g
Carbohydrate (g)	91.8g	16.5g
- sugars (g)	23.9g	4.3g
Sodium (mg)	1669mg	300mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3014kJ (720Cal)	541kJ (129Cal)
Protein (g)	42g	7.5g
Fat, total (g)	18g	3.2g
- saturated (g)	6.4g	1.1g
Carbohydrate (g)	91.8g	16.5g
- sugars (g)	23.9g	4.3g
Sodium (mg)	1671mg	300mg

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



1



Cook the 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 pan 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!

3



Cook the pork

- In a medium bowl, combine **oyster sauce**, **sweet chilli sauce**, the **soy sauce**, the **water (for the sauce)**, **lemon zest** and a generous squeeze of **lemon juice**. Set aside.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **pork mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Return **veggies** to the pan, then add the **sweet chilli mixture**. Cook, stirring, until heated through and slightly reduced, **1-2 minutes**.

Custom Recipe: If you've swapped to beef mince, cook beef mince as above, breaking up with a spoon, 4-5 minutes. Drain oil from pan before returning the veggies. Continue as above.

2



Cook the veggies

- Meanwhile, finely chop **garlic**. Trim **baby broccoli**.
- Zest **lemon** to get a generous pinch, then slice into wedges.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot & zucchini mix** and **baby broccoli**, tossing, until tender, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a plate.

Little cooks: Easy peasy, lemon squeezy! Under adult supervision, older kids can help zest the lemon.

4



Serve up

- Stir **crushed peanuts** through cooked rice.
- Divide peanut rice between bowls. Top with sweet chilli pork and baby broccoli stir-fry.
- Serve with any remaining lemon wedges. Enjoy!

Little cooks: Add the finishing touch by stirring the peanuts through the rice. Be careful, the pan is hot!

Rate your recipe

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