



Southeast Asian Pork Stir-Fry

with Thai Sweet Chilli Veggies & Garlic Rice

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Celery



Green Beans



Lemon



Sweet Chilli Sauce



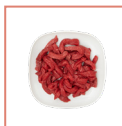
Southeast Asian Spice Blend



Pork Strips



Coriander



Beef Strips

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



Calorie Smart*

*Custom recipe is not Calorie Smart

Southeast Asian spice blend coats pork strips with an addictive mix of classic Asian flavours in an easy and flavourful bowl. Served with fragrant jasmine rice, a handful of veg and a scattering of coriander, it's ten times better than takeaway!

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

Pantry items

Olive Oil, Butter, 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
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
carrot	1	2
celery	1 medium bag	1 large bag
green beans	1 small bag	1 medium bag
lemon	½	1
sweet chilli sauce	1 medium packet	2 medium packets
soy sauce*	½ tbs	1 tbs
Southeast Asian spice blend	1 medium sachet	1 large sachet
pork strips	1 small packet	2 small packets OR 1 large packet
coriander	1 bag	1 bag
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2641kJ (631Cal)	548kJ (131Cal)
Protein (g)	33.6g	7g
Fat, total (g)	14g	2.9g
- saturated (g)	7.1g	1.5g
Carbohydrate (g)	87.1g	18.1g
- sugars (g)	20.6g	4.3g
Sodium (mg)	1548mg	321mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2797kJ (668Cal)	580kJ (139Cal)
Protein (g)	38.3g	7.9g
Fat, total (g)	16.3g	3.4g
- saturated (g)	8.6g	1.8g
Carbohydrate (g)	86.2g	17.9g
- sugars (g)	20.5g	4.3g
Sodium (mg)	1202mg	249mg

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 rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Add **garlic** and cook until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water** and the **salt** and bring to the boil. Reduce heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until rice is tender and the water has absorbed, **10-15 minutes**.

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



Cook the pork

- In a medium bowl, combine **Southeast Asian spice blend** and a good drizzle of **olive oil**. Add **pork strips**, season with **salt** and **pepper** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork strips** in batches, tossing, until golden, **2-3 minutes**. Transfer to a plate.

Custom Recipe: If you've swapped to beef strips, coat in spice blend as above. Prepare frying pan as above, then cook beef strips, in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate.



Get prepped

- While the rice is cooking, thinly slice **carrot** into half-moons.
- Thinly slice **celery**.
- Trim and halve **green beans**.
- Zest **lemon** to get a good pinch and slice into wedges.



Cook the veg

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **carrot**, **celery** and **green beans**, stirring, until softened, **5-6 minutes**.
- Remove from the heat and stir through the **sweet chilli mixture**.



Make the sauce

- In a small bowl, combine **sweet chilli sauce**, the **soy sauce**, **lemon zest** and a good squeeze of **lemon juice**.



Serve up

- Divide the garlic rice between bowls and top with the sweet chilli veggies and Southeast Asian pork.
- Tear over **coriander**. Serve with the remaining lemon wedges. Enjoy!

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