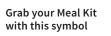


# Quick Sweet Chilli Pork Bowl with Sautéed Veggies & Rice

KID FRIENDLY

BESTSELLER









Jasmine Rice







Green Beans





Carrot & Zucchini



**Oyster Sauce** 

Pork Mince

Sweet Chilli



Sauce



Crispy Shallots





Unfortunately, this week's crushed peanuts were in short supply, so we've replaced them with crispy shallots. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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.

**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

3				
	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		
green beans	1 small bag	1 medium bag		
lemon	1/2	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		
crispy shallots	1 medium packet	1 large packet		
beef mince**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g		
Energy (kJ)	2938kJ (702Cal)	568kJ (136Cal)		
Protein (g)	36.6g	7.1g		
Fat, total (g)	18.6g	3.6g		
- saturated (g)	6g	1.2g		
Carbohydrate (g)	91.7g	17.7g		
- sugars (g)	24.1g	4.7g		
Sodium (mg)	1655mg	320mg		

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2964kJ (708Cal)	<b>573kJ</b> (137Cal)
Protein (g)	40g	7.7g
Fat, total (g)	17.7g	3.4g
- saturated (g)	6.4g	1.2g
Carbohydrate (g)	91.7g	17.7g
- sugars (g)	24.1g	4.7g
Sodium (mg)	1657mg	320mg

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

- 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!



# Cook the pork

- In a small 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 sweet chilli mixture. Cook, stirring, until heated through and slightly reduced, 1-2 minutes.

TIP: For best results, drain the oil from the pan before returning veggies to pan.

**Custom Recipe:** If you've swapped to beef mince, cook beef mince in the same way as the pork mince. For best results, drain the oil before returning veggies to the pan. Continue with step as above.



# Cook the veggies

- Meanwhile, finely chop garlic.
- · Trim green beans.
- 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 green beans, tossing, until tender, 4-5 minutes.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a plate.



# Serve up

- Divide rice between bowls. Top with sweet chilli pork and sautéed veggies.
- Serve with any remaining lemon wedges and sprinkle over crispy shallots to serve. Enjoy!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate