HELLO FRESH

Quick Sichuan Pork & Ginger Greens
with Garlic & Coriander Rice

BESTSELLER

Garlic

Coriander

Basmati Rice

Pork Strips

Zucchini

Green Beans

Baby Spinach Leaves

Ginger Paste

Sichuan Garlic Paste

Sesame Seeds

Beef Strips

Prep in: 20-30 mins
Ready in: 25-35 mins

This bountiful bowl has "new favourite" written all over it! Our mild Sichuan garlic paste is the key ingredient, giving a delicious flavour kick to pork strips. With loads of greens and an aromatic bed of garlic rice, it's a winner from start to finish.

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

Pantry items

Olive Oil, Butter, Soy Sauce

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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
coriander	1 bag	1 bag
*butter**	20g	40g
*water**	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
*soy sauce**	½ tbs	1 tbs
pork strips	1 small packet	2 small packets OR 1 large packet
zucchini	1	2
green beans	1 small bag	1 medium bag
baby spinach leaves	1 small bag	1 medium bag
ginger paste	1 medium packet	1 large packet
Sichuan garlic paste	1 packet	2 packets
sesame seeds	½ sachet	1 sachet
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)	2927kJ (700Cal)	633kJ (151Cal)
Protein (g)	36g	7.8g
Fat, total (g)	26.8g	5.8g
- saturated (g)	8.6g	1.9g
Carbohydrate (g)	75.9g	16.4g
- sugars (g)	12.7g	2.7g
Sodium (mg)	1271mg	275mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3083kJ (737Cal)	666kJ (159Cal)
Protein (g)	40.7g	8.8g
Fat, total (g)	29.2g	6.3g
- saturated (g)	10.1g	2.2g
Carbohydrate (g)	75g	16.2g
- sugars (g)	12.6g	2.7g
Sodium (mg)	925mg	200mg

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

- Finely chop **garlic** and **coriander**.
- In a medium saucepan, melt the **butter** over medium heat. Add half the **garlic** and cook until fragrant, **1 minute**. Add the **water**, a good pinch of **salt** and **basmati rice**. Stir and bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.
- When the rice has finished cooking, stir **coriander** through.

3

Cook the veggies & pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **zucchini** and **green beans**, tossing, until softened, **4-5 minutes**.
- Add **baby spinach leaves** and **ginger paste** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.
- Return frying pan to high heat with a drizzle of **olive oil**. Cook **pork**, in batches, tossing, until cooked through, **2-3 minutes**. Transfer to a bowl.
- Return all **pork** to the pan and remove from heat. Add **Sichuan garlic paste** and toss to coat the pork.

Custom Recipe: Heat pan as above. When oil is hot, cook beef strips, tossing, in batches, until browned and cooked through, 1-2 minutes. Continue with step as above.

2

Flavour the pork

- While the rice is cooking, in a medium bowl, combine the **soy sauce** and the remaining **garlic**.
- Add **pork strips** and toss to coat.
- Thinly slice **zucchini** into half-moons.
- Trim **green beans** and chop into thirds.

Custom Recipe: If you've swapped to beef strips, flavour the beef strips as above.

4

Serve up

- Divide the garlic and coriander rice and ginger veggies between bowls.
- Top rice with the Sichuan pork.
- Garnish with **sesame seeds (see ingredients)** to serve. Enjoy!

Rate your recipe

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