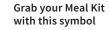


Quick Sichuan Pork & Ginger Greens with Garlic & Coriander Rice

BESTSELLER











Coriandei





Pork Strips

Basmati Rice









Baby Spinach



Sichuan Garlic



Sesame Seeds





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. **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
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





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.



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.



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.



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!



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