



Sweet Chilli Pork Stir-Fry

with Veggies, Peanuts & Rice

Grab your Meal Kit with this symbol



Garlic Paste



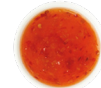
Basmati Rice



Capsicum



Lemon



Sweet Chilli Sauce



Oyster Sauce



Broccoli & Carrot Mix



Pork Strips



Crushed Peanuts



Beef Strips

Prep in: **20-30 mins**
Ready in: **20-30 mins**

Calorie Smart*
**Custom Recipe is not Calorie Smart*

Serve up a stir-fry loaded with all the good stuff! A colourful array of veggies and tender pork strips are tossed through a sweet and zesty Thai-style sauce for an easy dinner that will give your go-to takeaway a run for its money.

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
butter*	20g	40g
garlic paste	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
basmati rice	1 medium packet	1 large packet
capsicum	1	2
lemon	½	1
sweet chilli sauce	1 medium packet	2 medium packets
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
water* (for the sauce)	1 tbs	2 tbs
broccoli & carrot mix	1 medium bag	1 large bag
pork strips	1 small packet	2 small packets OR 1 large packet
crushed peanuts	1 medium packet	1 large packet
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)	2608kJ (623Cal)	528kJ (126Cal)
Protein (g)	36.3g	7.3g
Fat, total (g)	11.4g	2.3g
- saturated (g)	2.5g	0.5g
Carbohydrate (g)	89.3g	18.1g
- sugars (g)	24.9g	5g
Sodium (mg)	2033mg	411mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2764kJ (661Cal)	559kJ (134Cal)
Protein (g)	41g	8.3g
Fat, total (g)	13.8g	2.8g
- saturated (g)	4g	0.8g
Carbohydrate (g)	88.4g	17.9g
- sugars (g)	24.7g	5g
Sodium (mg)	1688mg	342mg

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



2023 | CW41

1



Cook the garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook **garlic paste** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

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

3



Cook the veggies & pork

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **broccoli & carrot mix** and **capsicum**, tossing, until tender, **6-8 minutes**. Transfer **veggies** to a bowl. Cover to keep warm.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **pork strips**, tossing occasionally, until golden and cooked through, **2-3 minutes**.
- Reduce heat to low, then add **sweet chilli mixture** and half the **crushed peanuts**. Cook, stirring, until slightly thickened, **1 minute**.

Custom Recipe: If you've swapped to beef strips, heat frying pan as above. When oil is hot, cook beef strips, tossing, in batches until browned and cooked through, 1-2 minutes. Return all beef to pan, reduce heat to low, then add ingredients as above. Transfer to a plate.

2



Get prepped

- Meanwhile, thinly slice **capsicum**.
- Zest **lemon** to get a good pinch, then slice into wedges.
- In a small bowl, combine **sweet chilli sauce**, **oyster sauce**, the **soy sauce**, the **water (for the sauce)**, **lemon zest** and a good squeeze of **lemon juice**.

4



Serve up

- Divide rice between bowls.
- Top with veggies and sweet chilli pork, spooning over any remaining sauce from pan.
- Sprinkle over remaining crushed peanuts. Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate