

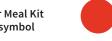
Sweet Chilli Pork Stir-Fry

with Veggies & Peanut Rice

KID FRIENDLY

BESTSELLER















Zucchini



Capsicum

Oyster Sauce





Sweet Chilli



Ginger Paste



Pork Mince



Crushed Peanuts





Prep in: 20-30 mins Ready in: 20-30 mins Serve up a stir-fry loaded with all the good stuff! A colourful array of veggies and tasty pork mince are tossed through a sweet chilli and oyster sauce for an easy dinner that tastes so much better than takeaway!

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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
basmati rice	1 medium packet	1 large packet	
carrot	1	2	
zucchini	1	2	
capsicum	1	2	
mint	1 bag	1 bag	
oyster sauce	1 medium packet	1 large packet	
sweet chilli sauce	1 medium packet	2 medium packets	
soy sauce*	2 tsp	1 tbs	
water*	3 tbs	6 tbs	
ginger paste	1 medium packet	1 large packet	
pork mince	1 small packet	2 small packets OR 1 large packet	
crushed peanuts	1 medium packet	1 large packet	
beef mince**	1 small packet	2 small packets OR 1 large packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2995kJ (716Cal)	520kJ (124Cal)
Protein (g)	37g	6.4g
Fat, total (g)	21g	3.6g
- saturated (g)	6.1g	1.1g
Carbohydrate (g)	91.7g	15.9g
- sugars (g)	28.2g	4.9g
Sodium (mg)	1818mg	316mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3023kJ (723Cal)	525kJ (125Cal)
Protein (g)	40.5g	7g
Fat, total (g)	20.1g	3.5g
- saturated (g)	6.6g	1.1g
Carbohydrate (g)	91.7g	15.9g
- sugars (g)	28.2g	4.9g
Sodium (mg)	1819mg	316mg

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 sub-

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We're here to help!

Scan here if you have any questions or concerns





Cook the rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add basmati rice and a pinch of salt and cook, uncovered, over high heat until tender, 12 minutes. Drain.



Cook the veggies & pork

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot**, **zucchini** and **capsicum**, tossing, until tender, **3-4 minutes**.
- Add ginger paste and cook until fragrant, 1 minute. Transfer to a bowl and cover to keep warm.
- Return frying pan to high heat with a drizzle of olive oil. Cook pork mince, breaking it up with a spoon, until just browned, 4-5 minutes. Remove pan from heat.
- Return veggies to pan, then add **sweet chilli mixture**, tossing to combine.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as above. Drain oil from pan before returning the veggies for best results.



Get prepped

- Meanwhile, thinly slice carrot and zucchini into half-moons.
- Thinly slice capsicum.
- Pick and thinly slice **mint** leaves.
- In a medium bowl, combine oyster sauce, sweet chilli sauce, the soy sauce and the water. Set aside.



Serve up

- Stir crushed peanuts through rice.
- Divide peanut rice between bowls. Top with sweet chilli pork stir-fry.
- Garnish with mint to serve. Enjoy!



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

