



Sweet Chilli Pork Stir-Fry

with Veggies & Peanut Rice

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Zucchini



Capsicum



Mint



Oyster Sauce



Sweet Chilli Sauce



Ginger Paste



Pork Mince



Crushed Peanuts



Beef Mince

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!

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

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

	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 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

- 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.

3



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.

2



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.

4



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!

Rate your recipe

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