

KID FRIENDLY















Celery





Carrot

Green Beans

Ginger Paste





**Crushed Peanuts** 





Pork Mince





Prep in: 20-30 mins Ready in: 25-35 mins Whisk away your tastebuds to the beautiful land of Vietnam with this rice bowl recipe! Juicy pork mince gets a hit of ginger and hoisin sauce, before being piled on top of aromatic garlic rice and sautéed veggies for an unbeatably simple but elegant meal that's wonderfully addictive, light and tasty.

Olive Oil, Butter, Soy Sauce, Vinegar (White Wine or Rice Wine), Brown Sugar,

### 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

### Ingradients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
butter*	20g	40g		
garlic paste	1 packet	2 packets		
basmati rice	1 medium packet	2 medium packets		
water*	1½ cups	3 cups		
celery	1 medium bag	1 large bag		
carrot	1	2		
green beans	1 small bag	1 medium bag		
ginger paste	1 medium packet	1 large packet		
crushed peanuts	1 medium packet	1 large packet		
hoisin sauce	1 packet	2 packets		
soy sauce*	½ tbs	1 tbs		
vinegar* (white wine or rice wine)	2 tsp	4 tsp		
brown sugar*	½ tsp	1 tsp		
mixed sesame seeds	1 medium packet	1 large packet		
pork mince	1 small packet	2 small packets OR 1 large packet		
eggs*	2	4		
beef mince**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3702kJ (885Cal)	768kJ (184Cal)
Protein (g)	43.4g	9g
Fat, total (g)	39.1g	8.1g
- saturated (g)	13.7g	2.8g
Carbohydrate (g)	86.3g	17.9g
- sugars (g)	23.1g	4.8g
Sodium (mg)	1140mg	237mg

### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3730kJ</b> (891Cal)	<b>774kJ</b> (185Cal)
Protein (g)	46.9g	9.7g
Fat, total (g)	38.2g	7.9g
- saturated (g)	14.2g	2.9g
Carbohydrate (g)	86.3g	17.9g
- sugars (g)	23.1g	4.8g
Sodium (mg)	1141mg	237mg

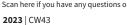
The quantities provided above are averages only.

# 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





# Make 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 basmati rice, the water and a generous pinch of salt. Stir, then bring to the boil.
- · Reduce heat to low and cover with a lid.
- Cook for 10 minutes, then remove from heat and keep covered until the rice is tender and the water is absorbed, 10 minutes.

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



# Cook the pork & eggs

- Return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook pork mince, breaking mince up with a spoon, until browned, 3-4 minutes. Drain oil from pan for best results.
- Add sauce mixture and cook, stirring, until bubbling, 30 seconds. Transfer to a bowl. Cover to keep warm.
- · Wipe out frying pan, then return to medium-high heat with a drizzle of olive oil. Crack in the eggs. Fry until yolk is cooked to your liking, 4-5 minutes.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as the pork mince.



# Cook the veggies

- While the rice is cooking, thinly slice **celery**. Cut **carrot** into half-moons. Trim green beans and roughly chop.
- In a small bowl, combine ginger paste, crushed peanuts, hoisin sauce, the soy sauce, the vinegar and the brown sugar.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook celery, carrot and green beans, tossing, until tender, 5-6 minutes.
- Stir through **mixed sesame seeds**. Season to taste. Transfer to a bowl. Cover to keep warm.



# Serve up

- · Divide garlic rice between bowls. Top with Vietnamese-style pork and sesame veggies.
- Top with a fried egg to serve. Enjoy!

### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate