



Vietnamese-Style Pork & Sesame Veggies

with Garlic Rice & Peanuts

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic Paste



Basmati Rice



Celery



Carrot



Green Beans



Ginger Paste



Crushed Peanuts



Hoisin Sauce



Mixed Sesame Seeds



Pork Mince



Beef 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.

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

Pantry items

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

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
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

*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)	3730kJ (891Cal)	774kJ (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



1



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!

3



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.

2



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.

4



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