



Vampire Sweet & Sour Pork

with Roaring Rice & Spooky Stir-Fried Veggies

HALLOWEEN

Grab your Meal Kit with this symbol



Jasmine Rice



Red Onion



Broccoli & Carrot Mix



Garlic Paste



Pork Strips



Asian BBQ Seasoning



Cornflour



Sweet & Sour Sauce



Sesame Seeds



Beef Strips

Prep in: 20-30 mins
Ready in: 25-35 mins



Calorie Smart*

*Custom Recipe is not Calorie Smart

Serve up a sweet and sour pork even Dracula would be tempted by. Start with roaring jasmine rice, add some spooky stir-fry veggies and top it off with a helping of sweet and sticky pork strips. It's a simple way to fill the belly before a frightful evening of trick or treating!

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

Pantry items

Olive Oil

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
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
red onion	½	1
broccoli & carrot mix	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
pork strips	1 small packet	2 small packets OR 1 large packet
Asian BBQ seasoning	1 sachet	2 sachets
cornflour	½ medium packet	1 medium packet
sweet & sour sauce	1 medium packet	2 medium packets
water* (for the sauce)	¼ cup	½ cup
sesame seeds	1 medium sachet	1 large sachet
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)	2603kJ (622Cal)	595kJ (142Cal)
Protein (g)	34.6g	7.9g
Fat, total (g)	9.9g	2.3g
- saturated (g)	2.1g	0.5g
Carbohydrate (g)	95.7g	21.9g
- sugars (g)	23.9g	5.5g
Sodium (mg)	1900mg	434mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2771kJ (662Cal)	633kJ (151Cal)
Protein (g)	39g	8.9g
Fat, total (g)	12.7g	2.9g
- saturated (g)	3.8g	0.9g
Carbohydrate (g)	94.8g	21.7g
- sugars (g)	23.7g	5.4g
Sodium (mg)	1556mg	356mg

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

- Add the **water (for the rice)** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove the pan from heat and keep covered until rice is tender and all the water is absorbed, **12 minutes**.

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

3



Cook the pork

- While veggies are cooking, in a medium bowl, combine **pork strips**, **Asian BBQ seasoning** and **cornflour** (see ingredients). Toss to coat.
- Return frying pan to high heat with a generous drizzle of **olive oil**.
- Cook **pork strips** in batches, until golden, **2-3 minutes**. Return all **pork** to pan, add remaining **garlic paste** and cook until fragrant, **1 minute**.
- Stir in **sweet & sour sauce** and the **water (for the sauce)** and simmer until bubbling, **1 minute**.

Custom Recipe: If you've swapped to beef strips, prepare beef strips in the same way as the pork strips. Return frying pan to high heat with a generous drizzle of olive oil. Cook beef strips in batches, until golden, 1-2 minutes. Return all beef to pan and continue with step.

2



Cook the veggies

- Meanwhile, thinly slice **red onion** (see ingredients).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli & carrot mix** and **onion** with a dash of **water**, tossing, until tender, **5-6 minutes**.
- Add half the **garlic paste**, and cook, until fragrant, **1 minute**. Transfer to serving bowls, season and cover to keep warm.

4



Serve up

- Divide roasting rice between bowls with spooky garlic veggies.
- Top rice with vampire sweet and sour pork.
- Sprinkle over **sesame seeds** to serve. Enjoy!

Custom Recipe: Top rice with vampire sweet and sour beef.

Rate your recipe

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