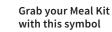
Vampire Sweet & Sour Pork with Roaring Rice & Spooky Stir-Fried Veggies

HALLOWEEN













Garlic Paste



Pork Strips



Asian BBQ

Seasoning





Sauce



Sesame Seeds



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!

Prep in: 20-30 mins

Ready in: 25-35 mins

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

| ingi calcino | | | | |
|--------------------------|-----------------|--------------------------------------|--|--|
| | 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 | 1/2 | 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) | 1/4 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







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!



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.



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.



Serve up

- Divide roaring 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.