



# Sweet Chilli Pork Stir-Fry

with Veggies & Peanut Rice

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Zucchini



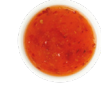
Capsicum



Mint



Oyster Sauce



Sweet Chilli Sauce



Ginger Paste



Pork Mince



Crushed Peanuts



Beef Mince

Prep in: 20-30 mins  
Ready in: 30-40 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
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b> (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
zucchini	1	2
capsicum	1	2
mint	1 bag	1 bag
<b>oyster sauce</b>	1 medium packet	1 large packet
<b>sweet chilli sauce</b>	1 medium packet	2 medium packets
<b>soy sauce*</b>	2 tsp	1 tbs
<b>water*</b> (for the sauce)	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)	2954kJ (706Cal)	546kJ (130Cal)
Protein (g)	36.8g	6.8g
Fat, total (g)	21g	3.9g
- saturated (g)	6.1g	1.1g
Carbohydrate (g)	89.4g	16.5g
- sugars (g)	26g	4.8g
Sodium (mg)	1801mg	333mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2981kJ (712Cal)	551kJ (132Cal)
Protein (g)	40.3g	7.4g
Fat, total (g)	20.1g	3.7g
- saturated (g)	6.6g	1.2g
Carbohydrate (g)	89.4g	16.5g
- sugars (g)	26g	4.8g
Sodium (mg)	1802mg	333mg

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](https://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

- In a medium saucepan, add the **water (for the rice)** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove 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 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 (for the sauce)**. 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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