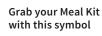


# Malaysian Pork & Veggie Stir-Fry with Garlic Rice & Crushed Peanuts

KID FRIENDLY

BESTSELLER













Carrot





Green Beans

**Ginger Paste** 





Pork Strips

**Oyster Sauce** 







Coriander

**Crushed Peanuts** 





Prep in: 15-25 mins Ready in: 25-35 mins

This stir-fry coats tender pork strips with an addictive mix of classic Asian sauces for an easy and flavourful bowl. Served with garlic rice and a scattering of peanuts, it's ten times better than takeaway!

**Pantry items** 

Olive Oil, Butter, Sesame 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  $\cdot$  Large frying pan

#### Ingredients

9. • • • • • • • • • • • • • • • • •				
	2 People	4 People		
olive oil*	refer to method	refer to method		
butter*	20g	40g		
garlic paste	1 packet	2 packets		
water*	1¼ cups	2½ cups		
jasmine rice	1 medium packet	1 large packet		
capsicum	1	2		
carrot	1	2		
green beans	1 small bag	1 medium bag		
sesame oil*	drizzle	drizzle		
ginger paste	1 medium packet	1 large sachet		
pork strips	1 small packet	2 small packets OR 1 large packet		
oyster sauce	1 large packet	2 large packets		
soy sauce*	2 tsp	1 tbs		
coriander	1 bag	1 bag		
crushed peanuts	1 medium packet	1 large packet		
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)	3208kJ (767Cal)	632kJ (151Cal)
Protein (g)	37.6g	7.4g
Fat, total (g)	27.4g	5.4g
- saturated (g)	9g	1.8g
Carbohydrate (g)	89.5g	17.6g
- sugars (g)	19.8g	3.9g
Sodium (mg)	3161mg	622mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3376kJ (807Cal)	665kJ (159Cal)
Protein (g)	42.1g	8.3g
Fat, total (g)	30.2g	5.9g
- saturated (g)	10.6g	2.1g
Carbohydrate (g)	88.6g	17.4g
- sugars (g)	19.7g	3.9g
Sodium (mg)	2817mg	555mg

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 garlic rice

- In a medium saucepan, melt the butter and a dash of olive oil over medium heat.
- Add garlic paste and cook until fragrant, 2 minutes. Add the water 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 the rice is tender and all the water is absorbed, 10-15 minutes.

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



# Cook the pork

- Return frying pan to high heat with a drizzle of olive oil. Cook pork strips, tossing, until golden, 3-4 minutes.
- Reduce heat to medium and return the veggies to the pan. Add oyster sauce and the soy sauce. Cook, stirring, until well coated in the sauce, 1 minute.
   Season with pepper.

Custom Recipe: If you've swapped to beef strips, return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook beef strips, in batches, tossing, until browned and cooked through, 1-2 minutes. Continue as above.



## Get prepped

- While the rice is cooking, cut capsicum into bite-sized chunks. Thinly slice carrot into half-moons. Trim and halve green beans.
- In a large frying pan, heat a drizzle of the sesame oil over medium-high heat.
- Cook capsicum, carrot and green beans, tossing, until softened,
  4-5 minutes.
- Add ginger paste and cook until fragrant, 1 minute. Transfer to a plate.



## Serve up

- Divide garlic rice between bowls
- Top with Malaysian pork and veggie stir-fry.
- Tear over **coriander** and top with **crushed peanuts** to serve. Enjoy!