



Malaysian Pork & Veggie Stir-Fry

with Garlic Rice & Crushed Peanuts

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Capsicum



Carrot



Green Beans



Ginger Paste



Pork Strips



Oyster Sauce



Coriander



Crushed Peanuts



Beef Strips

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!

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

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 · 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
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



1



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!

3



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.

2



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.

4



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!

Rate your recipe

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