



# Sweet Chilli Pork Stir-Fry

with Veggies, Peanuts & Rice

BESTSELLER

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Capsicum



Lemon



Sweet Chilli Sauce



Oyster Sauce



Broccoli & Carrot Mix



Pork Strips



Crushed Peanuts



Pork Strips

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



Calorie Smart\*

\*Custom recipe is not Calorie Smart

Serve up a stir-fry loaded with all the good stuff! A colourful array of veggies and tender pork strips are tossed through a sweet and zesty Thai-style sauce for an easy dinner that will give your go-to takeaway a run for its money.

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

### Pantry items

Olive Oil, Butter, 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>butter*</b>	20g	40g
garlic paste	1 packet	2 packets
<b>water* (for the rice)</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
capsicum	1	2
lemon	½	1
sweet chilli sauce	1 medium packet	2 medium packets
oyster sauce	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tsp	2 tsp
<b>water* (for the sauce)</b>	1 tbs	2 tbs
broccoli & carrot mix	1 medium bag	1 large bag
pork strips	1 small packet	2 small packets OR 1 large packet
crushed peanuts	1 medium packet	1 large packet
pork 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)	2608kJ (623Cal)	528kJ (126Cal)
Protein (g)	36.2g	7.3g
Fat, total (g)	11.5g	2.3g
- saturated (g)	2.5g	0.5g
Carbohydrate (g)	89.4g	18.1g
- sugars (g)	25g	5.1g
Sodium (mg)	2034mg	412mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3223kJ (770Cal)	521kJ (125Cal)
Protein (g)	61.1g	9.9g
Fat, total (g)	16.3g	2.6g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	90.4g	14.6g
- sugars (g)	25.2g	4.1g
Sodium (mg)	2448mg	395mg

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



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## Cook the rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic paste** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove 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 **broccoli & carrot mix** and **capsicum**, tossing, until tender, **6-8 minutes**. Transfer **veggies** to a bowl. Cover to keep warm.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **pork strips**, tossing occasionally, until golden and cooked through, **2-3 minutes**.
- Reduce heat to low, then add **sweet chilli mixture** and half the **crushed peanuts**. Cook, stirring, until slightly thickened, **1 minute**.

**Custom Recipe:** If you've doubled your pork strips, cook pork in batches for the best results.

2



## Get prepped

- Meanwhile, thinly slice **capsicum**.
- Zest **lemon** to get a good pinch, then slice into wedges.
- In a small bowl, combine **sweet chilli sauce**, **oyster sauce**, the **soy sauce**, **water (for the sauce)**, **lemon zest** and a good squeeze of **lemon juice**.

4



## Serve up

- Divide rice between bowls.
- Top with veggies and sweet chilli pork, spooning over any remaining sauce from pan.
- Sprinkle over remaining crushed peanuts.
- Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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