



# Sticky Sweet & Sour Pork

with Basmati Rice & Stir-Fry Garlic Veggies

EXPLORER

Grab your Meal Kit with this symbol



Basmati Rice



Red Onion



Broccoli & Carrot Mix



Pork Strips



Asian BBQ Seasoning



Garlic Paste



Sweet & Sour Sauce

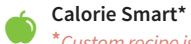


Sesame Seeds



Beef Strips

Prep in: 20-30 mins  
Ready in: 25-35 mins



Calorie Smart\*

\*Custom recipe is not Calorie Smart

Serve up a super tempting sweet and sour pork for dinner tonight. Start with rice, add some garlicky 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 in a seriously delicious way.

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

### Pantry items

Olive Oil



## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
red onion	½	1
broccoli & carrot mix	1 medium bag	1 large bag
pork strips	1 small packet	2 small packets OR 1 large packet
Asian BBQ seasoning	1 sachet	2 sachets
garlic paste	1 packet	2 packets
sweet & sour sauce	1 medium packet	2 medium packets
<b>water*</b>	¼ cup	½ cup
sesame seeds	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)	2613kJ (624Cal)	597kJ (142Cal)
Protein (g)	34.8g	8g
Fat, total (g)	10g	2.3g
- saturated (g)	2.2g	0.5g
Carbohydrate (g)	95.4g	21.8g
- sugars (g)	23.8g	5.4g
Sodium (mg)	1900mg	434mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2759kJ (659Cal)	631kJ (150Cal)
Protein (g)	39.9g	9.1g
Fat, total (g)	11.8g	2.7g
- saturated (g)	3.5g	0.8g
Carbohydrate (g)	94.6g	21.6g
- sugars (g)	23.8g	5.4g
Sodium (mg)	1545mg	353mg

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

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain.

3



## Cook the pork

- While the veggies are cooking, in a medium bowl, combine **pork strips** and **Asian BBQ seasoning**.
- Return frying pan to high heat with a generous drizzle of **olive oil**.
- Cook **pork strips**, tossing, in batches, until golden, **2-3 minutes**. Return all **pork** to pan, add **garlic paste** and cook until fragrant, **1 minute**.
- Stir in **sweet & sour sauce** and the **water** 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, tossing, in batches, until golden, 1-2 minutes. Return all beef to pan and continue with step.

2



## 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**.
- Transfer to serving bowls, season and cover to keep warm.

4



## Serve up

- Divide rice between bowls with garlic veggies.
- Top rice with sweet and sour pork.
- Sprinkle over **sesame seeds** to serve. Enjoy!

**Custom Recipe:** Top rice with sweet and sour beef to serve.

## Rate your recipe

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