



Sweet Chilli Pork & Veggie Stir-fry

with Garlic Peanut Rice

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Crushed Peanuts



Carrot



Capsicum



Asian Greens



Lemon



Oyster Sauce



Sweet Chilli Sauce



Pork Mince



Ginger Paste



Coriander



Beef Mince

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

Serve up a stir-fry loaded with all the good stuff! A colourful array of veggies and juicy pork mince are tossed through a simple but super tasty sauce. And the best part? It will be on the table faster than takeaway.

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
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet
carrot	1	2
capsicum	1	2
Asian greens	1 bag	2 bags
lemon	½	1
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	2 medium packets
soy sauce*	½ tbs	1 tbs
pork mince	1 small packet	2 small packets OR 1 large packet
ginger paste	1 large packet	2 large packets
coriander	1 bag	1 bag
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)	3451kJ (825Cal)	578kJ (138Cal)
Protein (g)	37g	6.2g
Fat, total (g)	31.7g	5.3g
- saturated (g)	12.7g	2.1g
Carbohydrate (g)	93.8g	15.7g
- sugars (g)	27.4g	4.6g
Sodium (mg)	1845mg	309mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3479kJ (832Cal)	583kJ (139Cal)
Protein (g)	40.4g	6.8g
Fat, total (g)	30.8g	5.2g
- saturated (g)	13.2g	2.2g
Carbohydrate (g)	93.8g	15.7g
- sugars (g)	27.4g	4.6g
Sodium (mg)	1846mg	309mg

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 rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat.
- Cook half the **garlic** until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** and bring to 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 water is absorbed, **12 minutes**.
- Stir through **crushed peanuts**.

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

3



Cook pork

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **ginger paste** to the pan and cook until fragrant, **1 minute**.
- Add **sweet chilli mixture** and return **veggies** to the pan, tossing to combine, **1 minute**. Season to taste.

Custom Recipe: If you've swapped to beef mince, cook beef as above, draining oil from the pan before adding the ginger paste.

2



Cook veggies

- While rice is cooking, slice **carrot** into thin half-moons.
- Thinly slice **capsicum**. Roughly chop **Asian greens**.
- Slice **lemon** into wedges.
- Heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **carrot** and **capsicum**, tossing, until tender, **4-5 minutes**.
- Add **Asian greens** and remaining **garlic** and cook, stirring, until wilted and fragrant, **1 minute**. Season. Transfer to a plate.
- Meanwhile, in a small bowl, combine **oyster sauce**, **sweet chilli sauce**, a squeeze of **lemon juice**, the **soy sauce** and a splash of **water**.

4



Serve up

- Divide garlic peanut rice and sweet chilli pork and veggie stir-fry between bowls.
- Tear over **coriander** and serve with any remaining lemon wedges. Enjoy!

Custom Recipe: Divide garlic peanut rice between bowls. Top with sweet chilli beef and veggie stir-fry.

Rate your recipe

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