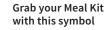


Sweet Chilli Pork & Veggie Stir-fry

with Garlic Peanut Rice

NEW

KID FRIENDLY













Crushed Peanuts



Asian Greens



Lemon



Oyster Sauce





Sweet Chilli Sauce

Pork Mince





Ginger Paste

Coriander





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 |
|-----------------|--|
| refer to method | refer to method |
| 4 cloves | 8 cloves |
| 20g | 40g |
| 1¼ cups | 2½ cups |
| 1 medium packet | 1 large packet |
| 1 medium packet | 1 large packet |
| 1 | 2 |
| 1 | 2 |
| 1 bag | 2 bags |
| 1/2 | 1 |
| 1 medium packet | 1 large packet |
| 1 medium packet | 2 medium packets |
| ½ tbs | 1 tbs |
| 1 small packet | 2 small packets OR 1 large packet |
| 1 large packet | 2 large packets |
| 1 bag | 1 bag |
| 1 small packet | 2 small packets OR 1 large packet |
| | refer to method 4 cloves 20g 1½ cups 1 medium packet 1 medium packet 1 1 bag ½ 1 medium packet 1 medium packet 1 medium packet 1 small packet 1 large packet 1 bag |

^{*}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 |
| Overhaus Desires | | |

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 |

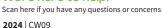
The quantities provided above are averages only.

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!

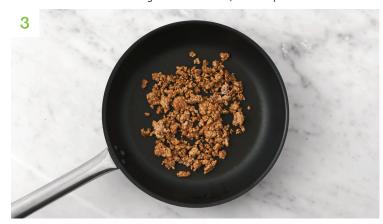




Cook rice

- 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!



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.



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.



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.



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

