



Sweet & Sticky Asian-Spiced Pork Strips

with Basmati Rice & Stir-Fry Garlic Veggies

EXPLORER

Grab your Meal Kit with this symbol



Basmati Rice



Red Onion



Broccoli & Carrot Mix



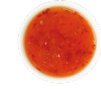
Pork Strips



Asian BBQ Seasoning



Garlic Paste



Sweet Chilli 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 chilli 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 |
|-----------------------|-----------------|--------------------------------------|
| olive oil* | 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 chilli sauce | 1 medium packet | 2 medium packets |
| water* | 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) | 2781kJ (665Cal) | 636kJ (152Cal) |
| Protein (g) | 39.3g | 9g |
| Fat, total (g) | 12.7g | 2.9g |
| - saturated (g) | 3.9g | 0.9g |
| Carbohydrate (g) | 94.5g | 21.6g |
| - sugars (g) | 23.6g | 5.4g |
| Sodium (mg) | 1549mg | 354mg |

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 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 chilli 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 chilli pork.
- Sprinkle over **sesame seeds** to serve. Enjoy!

Custom Recipe: Top rice with sweet chilli beef to serve.

Rate your recipe

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