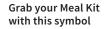


Sweet Chilli Pork & Peanut Rice Bowl

with Sautéed Veggies

KID FRIENDLY









Jasmine Rice







Green Beans





Carrot & Zucchini

Sweet Chilli



Pork Mince

Sauce

Crushed Peanuts





Prep in: 15-25 mins Ready in: 25-35 mins It's a good thing this Asian-style dish is quick and easy to make, because it smells so amazing as it cooks, it's tempting to eat it straight from the pan! The 'secret' to its deliciousness is the addition of oyster sauce, which adds an umami-rich depth of flavour to the sweet chilli.

Pantry items Olive Oil, 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

3		
	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
green beans	1 small packet	1 medium packet
lime	1/2	1
carrot & zucchini mix	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	2 medium packets
soy sauce*	1 tsp	2 tsp
water* (for the sauce)	1 tbs	2 tbs
pork mince	1 small packet	2 small packets OR 1 large packet
crushed peanuts	1 medium packet	1 large packet
pork 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)	2968kJ (709Cal)	537kJ (128Cal)
Protein (g)	37.1g	6.7g
Fat, total (g)	18.7g	3.4g
- saturated (g)	6g	1.1g
Carbohydrate (g)	91.8g	16.6g
- sugars (g)	24.3g	4.4g
Sodium (mg)	1659mg	300mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3887kJ (929Cal)	574kJ (137Cal)
Protein (g)	61.2g	9g
Fat, total (g)	32.5g	4.8g
- saturated (g)	11.1g	1.6g
Carbohydrate (g)	91.8g	13.6g
- sugars (g)	24.3g	3.6g
Sodium (mg)	1732mg	256mg

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!

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Cook the rice

- In a medium saucepan, add the water (for the rice) and bring to the boil.
- Add jasmine rice. Stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove pan from heat. Keep covered until rice is tender and water is absorbed, 10-15 minutes.

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



Cook the pork

- In a small bowl, combine oyster sauce, sweet chilli sauce, the soy sauce, water (for the sauce), lime zest and a generous squeeze of lime juice.
 Set aside.
- Return frying pan to medium-high heat with a drizzle of olive oil. When oil is hot, cook pork mince, breaking up with a spoon, until just browned,
- Return veggies to the pan, then add sweet chilli mixture. Cook, stirring, until heated through and slightly reduced, 1-2 minutes.

TIP: For best results, drain the oil from the pan before returning veggies to pan.

Custom Recipe: If you've doubled your pork mince, cook pork mince in batches, returning all pork to pan with the veggies.



Cook the veggies

- Meanwhile, finely chop garlic.
- Trim green beans.
- Zest lime to get a generous pinch, then slice into wedges.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot & zucchini mix and green beans, tossing, until tender, 4-6 minutes.
- Add garlic and cook until fragrant, 1 minute. Transfer to a plate.



Serve up

- · Stir crushed peanuts through cooked rice.
- Divide peanut rice between bowls. Top with sweet chilli pork and sautéed veggies.
- · Serve with any remaining lime wedges. Enjoy!



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