



Quick Sweet Chilli Pork & Peanut Rice

with Garlic Sautéed Veggies

KID FRIENDLY

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Green Beans



Lemon



Carrot & Zucchini Mix



Oyster Sauce



Sweet Chilli Sauce



Pork Mince



Crushed Peanuts



Pork Mince

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.

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

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

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
green beans	1 small packet	1 medium packet
lemon	½	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 medium packet	2 medium packets OR 1 large packet
crushed peanuts	1 medium packet	1 large packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2962kJ (708Cal)	546kJ (130Cal)
Protein (g)	36.9g	6.8g
Fat, total (g)	19.7g	3.6g
- saturated (g)	7g	1.3g
Carbohydrate (g)	92g	17g
- sugars (g)	25.2g	4.6g
Sodium (mg)	1658mg	306mg
Dietary Fibre (g)	25.3g	4.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3881kJ (928Cal)	582kJ (139Cal)
Protein (g)	61g	9.1g
Fat, total (g)	33.5g	5g
- saturated (g)	12.1g	1.8g
Carbohydrate (g)	92g	13.8g
- sugars (g)	25.2g	3.8g
Sodium (mg)	1731mg	259mg
Dietary Fibre	25.3g	3.8g

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

- 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 **10 minutes**, then remove pan from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**.

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

3



Cook the pork

- In a small bowl, combine **oyster sauce**, **sweet chilli sauce**, the **soy sauce**, **water (for the sauce)**, **lemon zest** and a generous squeeze of **lemon 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, **4-5 minutes**.
- 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, prepare as above.

2



Cook the veggies

- Meanwhile, finely chop **garlic**.
- Trim **green beans**.
- Zest **lemon** 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.

Little cooks: Easy peasy, lemon squeezy! Under adult supervision, older kids can help zest the lemon.

4



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 lemon wedges. Enjoy!

Little cooks: Take the lead and help stir the peanuts through the rice!

Rate your recipe

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