

# Quick Sweet Chilli Pork & Peanut Rice with Garlic Sautéed Veggies

KID FRIENDLY

Grab your Meal Kit with this symbol













Green Beans





Carrot & Zucchini

**Oyster Sauce** 





Pork Mince

Sweet Chilli 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

migr careries			
	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	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 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	

<sup>\*</sup>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.

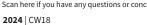
## **Allergens**

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





## 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!



## 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.
- 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.



# 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.



## 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

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

