



Taiwanese-Style Pork & Mushroom Bowl

with Rice, Baby Spinach & Crushed Peanuts

NEW

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Sliced Mushrooms



Pork Mince



Baby Spinach Leaves



Asian BBQ Seasoning



Hoisin Sauce



Sweet Chilli Sauce



Crushed Peanuts



Beef Strips

Prep in: 15-25 mins
Ready in: 15-25 mins

Eat Me First

This Taiwanese fusion dish brings all your favourite flavours together in the one bowl. When you add hoisin sauce, Asian BBQ seasoning and sweet chilli sauce to tender pork, mushrooms and veggies, you'll have flavour hidden in every bite.

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
basmati rice	1 medium packet	1 large packet
carrot	1	2
sliced mushrooms	1 medium packet	1 large packet
pork mince	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 small packet	1 medium packet
Asian BBQ seasoning	1 medium sachet	2 medium sachets
hoisin sauce	1 packet	2 packets
sweet chilli sauce	1 small packet	1 medium packet
soy sauce*	1 tbs	2 tbs
water*	2 tbs	¼ cup
crushed peanuts	1 medium packet	1 large packet
beef strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2892kJ (691Cal)	720kJ (172Cal)
Protein (g)	35.4g	8.8g
Fat, total (g)	24.4g	6.1g
- saturated (g)	6.9g	1.7g
Carbohydrate (g)	78.8g	19.6g
- sugars (g)	15.7g	3.9g
Sodium (mg)	1573mg	391mg
Dietary Fibre (g)	11.1g	2.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2755kJ (658Cal)	686kJ (164Cal)
Protein (g)	40.7g	10.1g
Fat, total (g)	18.3g	4.6g
- saturated (g)	5g	1.2g
Carbohydrate (g)	78.8g	19.6g
- sugars (g)	15.8g	3.9g
Sodium (mg)	1563mg	389mg
Dietary Fibre	11.1g	2.8g

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

- 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 & bring it all together

- 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**.
- Return **cooked veggies** to pan and add **baby spinach leaves, Asian BBQ seasoning, hoisin sauce, sweet chilli sauce, the soy sauce and water**, stirring, until combined, **1 minute**. Season with **pepper**.

Custom Recipe: If you've swapped to beef strips, heat pan as above. When oil is hot, cook beef strips, tossing, in batches, until browned and cooked through, 1-2 minutes. Return all beef to the pan with the veggies and continue as above.

2



Cook the veggies

- Meanwhile, thinly slice **carrot** into half-moons.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot** and **sliced mushrooms**, tossing, until browned and softened, **6-8 minutes**. Transfer to a bowl.

4



Serve up

- Divide rice between bowls.
- Top with Taiwanese pork, mushrooms and veggies.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

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