



Sticky Ponzu Pork & Veggie Stir-Fry

with Garlic Rice

NEW

KID FRIENDLY

Grab your meal kit with this number

40



Garlic



White Rice



Carrot



Zucchini



Green Beans



Asian Greens



Pork Mince



Ginger Paste



Ponzu



Sweet Chilli Sauce



Crushed Peanuts



Pork Mince



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

Sweet and sticky, this stir-fry combines bright veggies with a secret blend of sauces that will elevate your weeknight dinner to a restaurant-worthy fare! Add a sprinkle of peanuts for a nutty and delicious finish.

Pantry items

Olive Oil, Butter, Soy Sauce

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
garlic	4 cloves	8 cloves
white rice	1 medium packet	1 large packet
butter*	20g	40g
water*	1¼ cups	2½ cups
carrot	1	2
zucchini	1	2
green beans	1 small packet	1 medium packet
Asian greens	1 packet	2 packets
pork mince	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 large packet	2 large packets
ponzu	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	2 medium packets
soy sauce*	1 tbs	2 tbs
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3513kJ (840Cal)	588kJ (141Cal)
Protein (g)	38.1g	6.4g
Fat, total (g)	36.4g	6.1g
- saturated (g)	13.2g	2.2g
Carbohydrate (g)	86.4g	14.5g
- sugars (g)	20.9g	3.5g
Sodium (mg)	760mg	127mg
Dietary Fibre (g)	26.3g	4.4g

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.

1



Cook the garlic rice

- Finely chop **garlic**. Rinse and drain **white rice**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook **garlic** until fragrant, **1-2 minutes**. Add **rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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

4



Cook the pork

- Return frying pan to a high heat with a drizzle of **olive oil**.
- Cook **pork mince**, breaking up with a spoon, until browned, **3-4 minutes**.
- Stir in **ginger paste** and cook until fragrant, **1 minute**.

2



Prep the veggies

- While rice is cooking, thinly slice **carrot** and **zucchini** into half-moons.
- Trim **green beans** and cut into thirds.
- Roughly chop **Asian greens**.

5



Bring it all together

- Stir in **ponzu**, **sweet chilli sauce**, the **soy sauce**, then return **veggies** to the pan. Toss to combine, **1 minute**. Season with **pepper**.

3



Cook the veggies

- When rice has **10 minutes** cook time remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **carrot**, **zucchini** and **green beans** until tender, **5-6 minutes**.
- Add **Asian greens** and remaining **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a plate.

6



Serve up

- Divide garlic rice, sticky ponzu pork and veggie stir-fry between bowls.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW27

CUSTOM
OPTIONS



DOUBLE PORK MINCE
Follow method above.



SWAP TO BEEF MINCE
Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

