

Sticky Ponzu Pork & Veggie Stir-Fry with Garlic Rice

Grab your meal kit with this number



White Rice

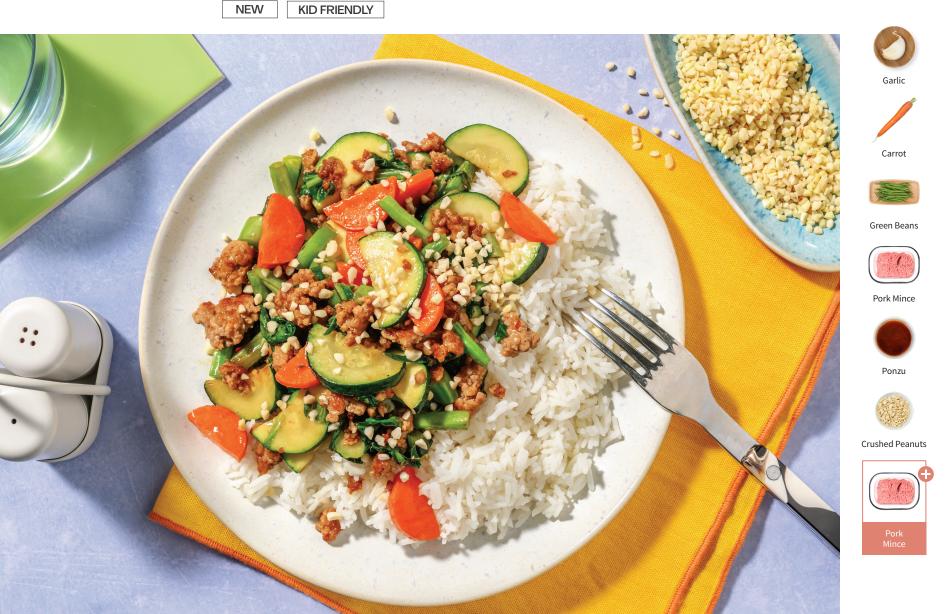
Zucchini

Asian Greens

Ginger Paste

Sweet Chill

Sauce



Pantry items Olive Oil, Butter, Soy Sauce

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.

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.



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!



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.



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.



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.



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.



Serve up

- Divide garlic rice, sticky ponzu pork and veggie stir-frv 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



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.

