HELLO FRESH

Hoisin-Ginger Pork & Veggie Rice Bowl
with Crispy Shallots

NEW | KID FRIENDLY

White Rice

Garlic

Carrot

Zucchini

Green Beans

Pea Pods

Hoisin Sauce

Ginger Paste

Pork Strips

Japanese Style Dressing

Crispy Shallots

Pork Strips

Beef Strips

Prep in: 25-35 mins
Ready in: 30-40 mins

Get ready for a flavour sensation that will satisfy and delight! With a fragrant, ginger-spiked stir-fry sauce, scrumptious garlic rice and colourful veggies, this is a feast in a bowl.

Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar, Eggs

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
white rice	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
carrot	1	2
zucchini	1	2
green beans	1 small packet	1 medium packet
pea pods	1 small packet	1 medium packet
hoisin sauce	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
eggs*	2	4
pork strips	1 medium packet	2 medium packets OR 1 large packet
Japanese style dressing	1 packet	2 packets
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3349kJ (800Cal)	566kJ (135Cal)
Protein (g)	43.4g	7.3g
Fat, total (g)	29g	4.9g
- saturated (g)	11.2g	1.9g
Carbohydrate (g)	98g	16.6g
- sugars (g)	28.5g	4.8g
Sodium (mg)	1474mg	249mg
Dietary Fibre (g)	24.4g	4.1g

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

2024 | CW30

1

Cook the garlic rice

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

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

2

Get prepped

- Meanwhile, thinly slice **carrot** and **zucchini** into sticks.
- Trim and halve **green beans**.
- Trim **pea pods**.
- In a small bowl, combine **hoisin sauce**, **ginger paste**, the **soy sauce**, **brown sugar** and a splash of **water**.

3

Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Stir-fry **carrot**, **zucchini** and **green beans** until tender, **5-6 minutes**.
- Halfway through cook time, add **pea pods** and stir-fry until tender, **2-3 minutes**. Transfer to a bowl.

4

Fry the eggs

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **4-5 minutes**. Transfer to a plate, season and cover to keep warm.

5

Cook the pork

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **pork strips**, tossing, in batches, until golden, **2-3 minutes**.
- Return **cooked veggies** to pan, add **hoisin sauce mixture** and cook, stirring, until bubbling, **1 minute**. Season to taste.

6

Serve up

- Divide garlic rice between bowls. Top with hoisin-ginger pork and veggies and a fried egg.
- Drizzle with **Japanese style dressing**. Sprinkle with **crispy shallots** to serve. Enjoy!

CUSTOM OPTIONS

DOUBLE PORK STRIPS
Follow method above, cooking in batches if necesary.

SWAP TO BEEF STRIPS
Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

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