

Sweet Chilli Pork & Peanut Rice

with Garlic Sautéed Veggies

KID FRIENDLY

Grab your meal kit with this number

12



White Rice



Garlic



Pea Pods



Lemon



Carrot & Zucchini Mix



Baby Spinach Leaves



Oyster Sauce



Sweet Chilli Sauce



Pork Mince



Crushed Peanuts



Beef Mince



Pork Mince

Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

Prep in: 15-25 mins
Ready in: 25-35 mins



Protein Rich



Eat Me First

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 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
water* (for the rice)	1¼ cups	2½ cups
garlic	2 cloves	4 cloves
pea pods	1 small packet	1 medium packet
lemon	½	1
carrot & zucchini mix	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium 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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3001kJ (717cal)	231kJ (55cal)
Protein (g)	37.8g	2.9g
Fat, total (g)	20.1g	1.5g
- saturated (g)	7g	0.5g
Carbohydrate (g)	92.2g	7.1g
- sugars (g)	25.9g	2g
Sodium (mg)	1730mg	133.1mg
Dietary Fibre (g)	8.9g	0.7g

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

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1



Cook the rice

- Rinse and drain **white rice**.
- In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add **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!

3



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**. Set aside.
- 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**. Drain excess **oil** from the pan.
- Return **veggies** to the pan, then add **sweet chilli mixture**. Cook, stirring, until heated through and slightly reduced, **1-2 minutes**.

CUSTOM OPTIONS



SWAP TO BEEF MINCE
Follow method above.



DOUBLE PORK MINCE
Follow method above, cooking in batches if necessary.

2



Cook the veggies

- Meanwhile, finely chop **garlic**. Trim **pea pods**.
- 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 **pea pods**, tossing, until tender, **4-6 minutes**.
- Add **garlic** and **baby spinach leaves** and cook until fragrant and just wilted, **1-2 minutes**. Transfer to a plate.

Little cooks: Easy peasy, lemon squeezy! Under adult supervision, older kids can help zest the lemon.

4



Serve up

- Stir **crushed peanuts** through cooked rice.
- Divide peanut rice between bowls.
- Top with sweet chilli pork and garlic sautéed veggies.
- Serve with any remaining lemon wedges. Enjoy!

Little cooks: Take the lead and help stir the peanuts through the rice!

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

