

# Sweet Chilli Pork & Peanut Rice

with Garlic Sautéed Veggies

KID FRIENDLY

Grab your meal kit with this number











Pea Pods

Lemon





Carrot & Zucchini

Baby Spinach







**Oyster Sauce** 

Sweet Chilli





Pork Mince

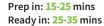
Crushed Peanuts





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!







#### 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

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	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	1/2	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	

<sup>\*</sup>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 alle

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 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!



## 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.



### 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.



#### 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.

