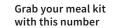


Quick Vietnamese-Style Pork & Veggies with Garlic Rice, Fried Egg & Peanuts

KID FRIENDLY





















Green Beans





Crushed Peanuts

Hoisin Sauce





Soy Sauce







Prep in: 20-30 mins Ready in: 25-35 mins

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
butter*	20g	40g
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
celery	1 medium packet	1 large packet
carrot	1	2
green beans	1 small packet	1 medium packet
ginger paste	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet
hoisin sauce	1 packet	2 packets
soy sauce mix	1 packet	2 packets
brown sugar*	½ tsp	1 tsp
pork mince	1 medium packet	2 medium packets OR 1 large packet
eggs*	2	4

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3591kJ (858cal)	410kJ (98cal)
Protein (g)	42.6g	4.9g
Fat, total (g)	35.9g	4.1g
- saturated (g)	13.3g	1.5g
Carbohydrate (g)	87.8g	10g
- sugars (g)	23.7g	2.7g
Sodium (mg)	1428mg	163.2mg
Dietary Fibre (g)	11.7g	1.3g

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.



Make the garlic rice

- In a medium saucepan, heat the butter with a dash of olive oil over medium heat.
- Cook garlic paste, until fragrant, 1-2 minutes. Add basmati 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 & eggs

- Return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook
 pork mince, breaking mince up with a spoon, until browned, 3-4 minutes
 (drain excess oil from pan for best results!).
- Add **sauce mixture** and cook, stirring, until bubbling, **30 seconds**. Transfer to a bowl. Cover to keep warm.
- Wipe out frying pan, then return to medium-high heat with a drizzle of olive
 oil. Crack in the eggs. Fry until the yolk is cooked to your liking, 4-5 minutes.



Cook the veggies & prep the sauce

- While the rice is cooking, thinly slice celery. Cut carrot into half-moons. Trim green beans and roughly chop.
- In a small bowl, combine ginger paste, crushed peanuts, hoisin sauce, soy sauce mix and the brown sugar.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook celery, carrot and green beans, tossing, until tender, 5-6 minutes.
- Season to taste with salt and pepper. Transfer to a bowl. Cover to keep warm.

Little cooks: Take charge by combining the sauces with the peanuts!



Serve up

- Divide garlic rice between bowls.
- Top with Vietnamese-style pork, veggies and a fried egg to serve. Enjoy!



