



# Quick Asian Pork & Green Veg Fried Rice

with Sesame-Crusted Egg

TAKEAWAY FAVES

Grab your meal kit with this number

3



Basmati Rice



Green Veg Mix



Oyster Sauce



Soy Sauce Mix



Pork Mince



Garlic Paste



Asian BBQ Seasoning



Mixed Sesame Seeds



Beef Mince



Pork Mince

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

This takeaway fave is truly the talk of the town as you'll get all of the much-loved veggie fried rice flavours in a meal that is whipped up in the comfort of your home. Topped off with a perfect fried egg, you'll be experiencing sweet, savoury and salty flavours all in one go!

### Pantry items

Olive Oil, 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
green veg mix	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
soy sauce mix	1 packet	2 packets
<b>brown sugar*</b>	1 tsp	2 tsp
pork mince	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 packet	2 packets
Asian BBQ seasoning	1 sachet	2 sachets
mixed sesame seeds	1 medium sachet	1 large sachet
<b>eggs*</b>	2	4

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3227kJ (771Cal)	681kJ (162Cal)
Protein (g)	44.5g	9.4g
Fat, total (g)	29.6g	6.2g
- saturated (g)	8.2g	1.7g
Carbohydrate (g)	79.2g	16.7g
- sugars (g)	12.9g	2.7g
Sodium (mg)	2633mg	555mg
Dietary Fibre (g)	11.7g	2.5g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the rice & veggies

- In a medium saucepan, add the **water** and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from heat and keep covered until rice is tender and the water has absorbed, **10 minutes**.
- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **green veg mix**, tossing, until tender, **6-7 minutes**. Transfer to a bowl.

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

3



## Fry the eggs

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, sprinkle over **mixed sesame seeds**, then crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **4-5 minutes**.

2



## Make the fried rice

- While the veggies are cooking, in a small bowl, combine **oyster sauce**, **soy sauce mix** and the **brown sugar**.
- Return frying pan to high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium then add **garlic paste** and **Asian BBQ seasoning**, then cook until fragrant, **1 minute**.
- Add **cooked rice**, **veggies** and **oyster sauce mixture**, tossing until well combined, **1 minute**.
- Divide between serving bowls and cover to keep warm.

4



## Serve up

- Divide Asian pork and green veg fried rice between bowls.
- Top with a sesame fried egg to serve. Enjoy!

**TIP:** Spoon oil mixture from pan over the top of egg to serve.

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS



#### SWAP TO BEEF MINCE

Follow method above.



#### DOUBLE PORK MINCE

Follow method above, cooking in batches if necessary.

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

