

Sweet Chilli Pork & Peanut Rice



Grab your meal kit with this number









Jasmine Rice





Green Beans

Asian Greens





Lemon

Carrot & Zucchini





Oyster Sauce

Sweet Chilli Sauce







Pork Mince

Crushed Peanuts







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

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
water* (for the rice)	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
green beans	1 small packet	1 medium packet
Asian greens	1 packet	2 packets
lemon	1/2	1
carrot & zucchini mix	1 medium packet	1 large 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.



Cook the rice

- In a medium saucepan, add the water (for the rice) and bring to the boil. Add **jasmine 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 green beans. Roughly chop Asian **greens**. 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 green beans, tossing, until tender, 4-6 minutes.
- Add garlic and Asian greens 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.



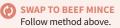
Serve up

- 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.

