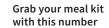


# Asian Pork & Green Veg Fried Rice with Sesame-Crusted Egg & Sriracha Drizzle











Green Veg



**Oyster Sauce** 















Seasoning

Mixed Sesame Seeds









### 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*	1¼ cups	2½ cups
green veg mix	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
soy sauce mix	1 packet	2 packets
brown sugar*	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
eggs*	2	4
sriracha	1 packet	2 packets

<sup>\*</sup>Pantry Items **Nutrition** 

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3227kJ (771cal)	375kJ (90cal)
Protein (g)	44.5g	5.2g
Fat, total (g)	29.6g	3.4g
- saturated (g)	8.2g	1g
Carbohydrate (g)	79.1g	9.2g
- sugars (g)	12.5g	1.5g
Sodium (mg)	2584mg	300.5mg
Dietary Fibre (g)	11.7g	1.4g

The quantities provided above are averages only.

### Allergens

Always read product labels for the most up-to-date allergen information.

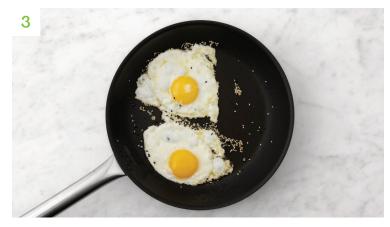
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Cook the rice & veggies

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



# 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.



#### Make the fried rice

- While the rice is 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 and 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.



# Serve up

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

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

TIP: If you're not a fan of heat, skip adding the sriracha drizzle!









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

