

# Sweet Chilli Pork & Peanut Rice

with Garlic Sautéed Veggies

HELLOHERO

KID FRIENDLY

Grab your meal kit  
with this number

13



White Rice



Garlic



Green Beans



Asian Greens



Lemon



Carrot & Zucchini  
Mix



Oyster Sauce



Sweet Chilli  
Sauce



Pork Mince



Crushed Peanuts



Beef  
Mince



Pork  
Mince

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



Protein Rich



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                              |
|----------------------------------|-----------------|---------------------------------------|
| <b>olive oil*</b>                | refer to method | refer to method                       |
| white rice                       | 1 medium packet | 1 large packet                        |
| <b>water*</b><br>(for the rice)  | 1¼ cups         | 2½ cups                               |
| garlic                           | 2 cloves        | 4 cloves                              |
| green beans                      | 1 small packet  | 1 medium packet                       |
| Asian greens                     | 1 packet        | 2 packets                             |
| lemon                            | ½               | 1                                     |
| carrot & zucchini mix            | 1 medium packet | 1 large packet                        |
| oyster sauce                     | 1 medium packet | 1 large packet                        |
| sweet chilli sauce               | 1 packet        | 2 packets                             |
| <b>soy sauce*</b>                | 1 tsp           | 2 tsp                                 |
| <b>water*</b><br>(for the sauce) | 1 tbs           | 2 tbs                                 |
| pork mince                       | 1 medium packet | 2 medium packets<br>OR 1 large packet |
| crushed peanuts                  | 1 medium packet | 1 large packet                        |

\*Pantry Items

## Nutrition

| Avg Qty           | Per Serving     | Per 100g      |
|-------------------|-----------------|---------------|
| Energy (kJ)       | 3034kJ (725cal) | 230kJ (55cal) |
| Protein (g)       | 38.2g           | 2.9g          |
| Fat, total (g)    | 20.1g           | 1.5g          |
| - saturated (g)   | 7g              | 0.5g          |
| Carbohydrate (g)  | 92.6g           | 7g            |
| - sugars (g)      | 25.8g           | 2g            |
| Sodium (mg)       | 1671mg          | 126.6mg       |
| Dietary Fibre (g) | 27.4g           | 2.1g          |

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

- 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**.

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

3



## 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**.

2



## 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.

4



## 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!

## 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.

