



Thai-Spiced Pork & Veggie Stir-Fry

with Coconut Rice

Grab your meal kit
with this number

1



White Rice



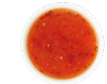
Coconut Milk



Zucchini



Carrot



Sweet Chilli
Sauce



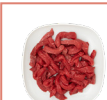
Ginger Lemongrass
Paste



Satay Seasoning



Pork Strips



Beef
Strips



Chicken
Tenderloins

Prep in: 20-30 mins
Ready in: 30-40 mins

Protein Rich

Thanks to a medley of sweet chilli, ginger and lemongrass and our Thai stir-fry spice blend, this dish smells so amazing as it cooks, it's tempting to eat it straight from the pan. But it's worth the short wait, especially when served over fluffy coconut rice, the tastiest accompaniment around.

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
white rice	1 medium packet	1 large packet
coconut milk	1 packet	2 packets
water*	¾ cup	1½ cups
zucchini	1	2
carrot	1	2
sweet chilli sauce	1 packet	2 packets
ginger lemongrass paste	1 packet	2 packets
soy sauce*	½ tbs	1 tbs
satay seasoning	1 sachet	2 sachets
pork strips	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2834kJ (677cal)	709kJ (177cal)
Protein (g)	33.5g	8.4g
Fat, total (g)	24.8g	6.2g
- saturated (g)	17.3g	4.3g
Carbohydrate (g)	79.8g	20g
- sugars (g)	18.4g	4.6g
Sodium (mg)	1255mg	313.8mg
Dietary Fibre (g)	3.8g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the coconut rice

1. Rinse and drain **white rice**.
2. In a medium saucepan, add **coconut milk**, the **water** and a generous pinch of **salt**. Bring to the boil.
3. Add **rice**. Stir, cover with a lid and reduce heat to low.
4. Cook for **15 minutes**, then remove from heat.
5. 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

1. In a large frying pan, heat a drizzle of **olive oil** over high heat.
2. When oil is hot, cook **pork**, in batches, tossing, until browned and cooked through, **2-3 minutes**. Transfer to a plate.

TIP: Cooking the pork in batches over high heat helps it stay tender.



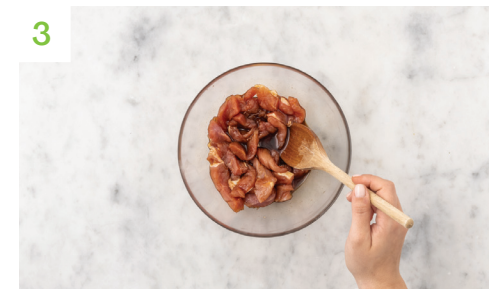
Get prepped

1. Meanwhile, slice **zucchini** into half-moons.
2. Thinly slice **carrot** into rounds. Set aside.
3. In a small bowl, combine **sweet chilli sauce**, **ginger-lemongrass paste**, the **soy sauce** and a splash of **water**. Set aside.



Cook the veggies

1. Return frying pan to medium-high heat. Cook **zucchini** and **carrot**, tossing, until just tender, **3-4 minutes**.
2. In the **last minute**, add the **sweet chilli mixture**. Return **pork** to pan and toss until coated and heated through. Remove pan from heat.



Flavour the pork

1. In a medium bowl, combine **satay seasoning**, a pinch of **salt** and a drizzle of **olive oil**.
2. Add **pork strips**, tossing to coat.



Serve up

1. Divide coconut rice between bowls.
2. Top with Thai-spiced pork and veggie stir-fry to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



CUSTOM OPTIONS



SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.



SWAP TO CHICKEN TENDERLOINS

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

