

Speedy Taiwanese-Style Pork & Veggies

with Rice, Baby Spinach & Crushed Peanuts

Grab your meal kit with this number

19



White Rice



Carrot



Green Beans



Pork Mince



Baby Spinach Leaves



Asian BBQ Seasoning



Umami Paste



Sweet Chilli Sauce



Crushed Peanuts



Beef Mince



Pork Mince

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

Protein Rich

Eat Me First

This Taiwanese fusion dish brings all your favourite flavours together in the one bowl. When you add umami paste, Asian BBQ seasoning and sweet chilli sauce to tender pork and veggies, you'll have flavour hidden in every bite.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
white rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 small packet	1 medium packet
pork mince	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 small packet	1 medium packet
Asian BBQ seasoning	1 sachet	2 sachets
umami paste	1 packet	2 packets
sweet chilli sauce	1 packet	1 packet
soy sauce*	1 tbs	2 tbs
water*	2 tbs	¼ cup
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2801kJ (669Cal)	702kJ (167Cal)
Protein (g)	35.7g	8.9g
Fat, total (g)	24.7g	6.2g
- saturated (g)	7.5g	1.9g
Carbohydrate (g)	73.3g	18.4g
- sugars (g)	14.9g	3.7g
Sodium (mg)	1364mg	342mg
Dietary Fibre (g)	4.4g	1.1g

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.

1



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Rinse and drain **white rice**.
- Add **rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**. Drain, rinse with warm water and set aside.

3



Cook the pork & bring it all together

- 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**.
- Return **cooked veggies** and add **baby spinach leaves**, **Asian BBQ seasoning**, **umami paste**, **sweet chilli sauce**, the **soy sauce** and **water**, tossing, until combined, **1 minute**. Season with **pepper**.

2



Cook the veggies

- Meanwhile, thinly slice **carrot** into half-moons.
- Trim **green beans** and cut in half.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot** and **green beans**, tossing, until browned and softened, **6-8 minutes**. Transfer to a bowl.

4



Finish & serve

- Divide rice between bowls.
- Top with Taiwanese pork and veggies.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



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.

