



Ginger Pork & Cauliflower Rice

with Stir-Fried Veggies & Crispy Shallots

Grab your Meal Kit with this symbol



Green Beans



Carrot



Garlic



Ginger Paste



Oyster Sauce



Sweet Chilli Sauce



Cauliflower Rice



Pork Strips



Coriander

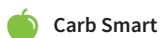


Crispy Shallots



Beef Strips

Prep in: **15-25 mins**
Ready in: **20-30 mins**



When you want to keep the carbs (and cook-time!) down, swap rice for our fluffy, pre-prepped cauli rice. Together with the juicy pork strips and crisp veggies, it soaks up the slightly sweet and zingy stir-fry sauce like a treat.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 small bag	1 medium bag
carrot	1	2
garlic	1 clove	2 cloves
ginger paste	1 medium packet	1 large packet
oyster sauce	1 packet (50g)	1 packet (100g)
soy sauce*	½ tbs	1 tbs
sweet chilli sauce	1 small packet	1 medium packet
cauliflower rice	1 packet (250g)	1 packet (500g)
butter*	20g	40g
pork strips	1 small packet	1 large packet
coriander	1 bag	1 bag
crispy shallots	1 medium packet	1 large packet
beef strips**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1562kJ (373Cal)	342kJ (82Cal)
Protein (g)	31.4g	6.9g
Fat, total (g)	18g	3.9g
- saturated (g)	8.8g	1.9g
Carbohydrate (g)	29.9g	6.5g
- sugars (g)	22.6g	4.9g
Sodium (mg)	2081mg	455mg
Dietary Fibre (g)	7.2g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1746kJ (417Cal)	382kJ (91Cal)
Protein (g)	35.1g	7.7g
Fat, total (g)	21.3g	4.7g
- saturated (g)	10.6g	2.3g
Carbohydrate (g)	29.4g	6.4g
- sugars (g)	22.3g	4.9g
Sodium (mg)	1727mg	378mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Trim **green beans** and slice into thirds. Thinly slice **carrot** into half-moons. Finely chop **garlic**.
- In a small bowl, combine **ginger paste**, **oyster sauce**, the **soy sauce**, **sweet chilli sauce** and a splash of **water**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **green beans** and **carrot**, tossing, until tender, **4-5 minutes**. Transfer to a plate.

TIP: Add a splash of water to the pan to help speed up the cooking process!

3



Bring it all together

- Return frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **pork strips**, in batches, until golden, **2-3 minutes**. Transfer to a bowl.
- Return all cooked **pork** and **veggies** to the pan. Add **ginger-oyster sauce mixture** and cook, tossing, until coated and heated through, **30 seconds**. Season with **pepper**.

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

Custom Recipe: If you've upgraded to beef strips, cook the beef strips in batches until browned and cooked through, 1-2 minutes.

2



Cook the cauliflower rice

- Return frying pan to high heat with a drizzle of **olive oil**.
- Cook **garlic** until fragrant, **1 minute**.
- Add **cauliflower rice** and cook, stirring, until softened, **2-4 minutes**. Stir through the **butter** until melted, **1 minute**. Season to taste.
- Transfer to a bowl and cover to keep warm.

4



Serve up

- Divide cauliflower rice between bowls. Top with ginger pork and veggie stir-fry
- Tear over **coriander**. Sprinkle with **crispy shallots** to serve. Enjoy!

Rate your recipe

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