



# Cal Smart Sweet & Sour Pork Stir-Fry with Rice

FRESH & FAST

Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2492kJ (596Cal) | Protein 39g | Fat, total 15.3g - saturated 3.4g | Carbohydrate 71.5g - sugars 23.8g | Sodium 2283mg  
The quantities provided above are averages only | **Calorie Smart**

We're here to help! Scan here  
2023 | WK23 | V





# Get ready

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your veggies a wash.

## You'll need

(along with the basics)



Large Frying Pan

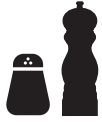


Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Pork Strips	1 small pkt	1 large pkt
Asian Stir-Fry Mix	1 bag	2 bags
Sweet & Sour Sauce	1 medium pkt	2 medium pkts

## 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. Sizzle



Capsicum



Pork Strips



Asian Stir-Fry Mix

## 2. Toss



Sweet & Sour Sauce



Oyster Sauce

## 3. Serve



Microwavable Basmati Rice



Roasted Peanuts

- Slice **capsicum**
- Heat a large frying pan over high heat with **olive oil**
- Stir-fry **pork** and **capsicum** until browned, **4 mins**
- Add **stir-fry mix**. Stir-fry until fragrant, **1-2 mins**

- Reduce frying pan to medium heat
- Add **sweet & sour sauce** and **oyster sauce**. Toss, then season with **pepper**

- Meanwhile, microwave **rice** until steaming, **2-3 mins**
- Divide **rice** and **sweet and sour pork** between bowls
- Serve with **roasted peanuts**



## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)