



# Char Siu Pork & Green Bean Stir-Fry

with Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Red Onion



Capsicum



Green Beans



Coriander



Mint



Lemon



Ginger Paste




Pork Mince



Char Siu Paste



Roasted Peanuts

 Hands-on: **25-35 mins**  
 Ready in: **35-45 mins**  
 **Naturally Gluten-Free**  
*Not suitable for coeliacs*

This fragrant stir-fry brings the Chinese takeaway vibes to your plate, but gets bonus point for being homemade. With a generous sprinkling of herbs and aromatic garlic rice to bring everything together, meet your new go-to meal.

## Pantry items

Olive Oil, Butter, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Brown Sugar



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
red onion	1	2
capsicum	1	2
green beans	1 medium bag (200g)	1 large bag (400g)
coriander	1 bag	1 bag
mint	1 bag	1 bag
lemon	1	2
soy sauce* (or gluten-free tamari soy sauce)	3 tsp	1½ tbs
brown sugar*	2 tsp	1 tbs
water* (for the sauce)	¼ cup	½ cup
ginger paste	1 medium packet	1 large packet
pork mince	1 small packet	1 medium packet
char siu paste	1 medium packet	1 large packet
roasted peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3654kJ (873Cal)	564kJ (134Cal)
Protein (g)	40.2g	6.2g
Fat, total (g)	31.7g	4.9g
- saturated (g)	12g	1.9g
Carbohydrate (g)	98.2g	15.2g
- sugars (g)	32g	4.9g
Sodium (mg)	1054mg	163mg

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.



### Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Add the **jasmine rice**, **water (for the rice)** and a generous pinch of **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **11-12 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10-15 minutes**.

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



### Start the stir-fry

In a large frying pan or wok, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, add the **onion**, **capsicum**, **ginger paste** and remaining **garlic**. Stir-fry until fragrant, **2 minutes**. Add the **pork mince** and cook, breaking up with a wooden spoon, until browned, **3-4 minutes**. Add the **char siu paste** and cook until fragrant, **1 minute**.



### Get prepped

While the rice is cooking, thinly slice the **red onion**. Thinly slice the **capsicum**. Trim the **green beans** and slice into thirds. Roughly chop the **coriander**. Pick and roughly chop the **mint** leaves.



### Finish the stir-fry

Add the **green beans** and the **soy sauce mixture** to the **pork mince** and stir-fry until the beans are just tender, **5-6 minutes**. Remove the pan from the heat and stir through the **coriander** and **mint** leaves.



### Make the sauce

Slice the **lemon** into wedges. In a small bowl, combine the **soy sauce**, **brown sugar**, **water (for the sauce)** and a squeeze of **lemon juice**.



### Serve up

Divide the garlic rice between plates and top with the char siu pork and green bean stir-fry. Sprinkle over the **roasted peanuts**. Serve with the lemon wedges.

Enjoy!

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