



Easy Sweet Chilli Pork

with Veggies, Sesame Dressing & Peanuts

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Asian Greens



Garlic



Sweet Chilli Sauce



Roasted Peanuts



Ginger Paste



Pork Strips



Sesame Dressing



Chicken Tenderloins

Prep in: 15-25 mins
Ready in: 25-35 mins

Eat Me Early*
*Custom Recipe only

Cook pork strips with a ginger and soy-spiked sweet chilli sauce and you have a winner dinner. Serve over rice and crisp sautéed veggies and add the finishing touch with a creamy sesame dressing. Don't forget the roasted peanuts for some crunch and the pickled ginger for some zing.

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

Pantry items

Olive Oil, Butter, Soy Sauce

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 a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
butter*	20g	40g
carrot	1	2
Asian greens	1 bag	2 bags
garlic	2 cloves	4 cloves
ginger paste	1 medium packet	1 large packet
sweet chilli sauce	2 medium packets	4 medium packets
soy sauce*	2 tbs	¼ cup
pork strips	1 small packet	1 medium packet
sesame dressing	1 large packet	2 large packets
roasted peanuts	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3763kJ (899Cal)	736kJ (176Cal)
Protein (g)	37.1g	7.3g
Fat, total (g)	38.8g	7.6g
- saturated (g)	10.2g	2g
Carbohydrate (g)	95.6g	18.7g
- sugars (g)	33.3g	6.5g
Sodium (mg)	2428mg	475mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3897kJ (931Cal)	707kJ (169Cal)
Protein (g)	48.3g	8.8g
Fat, total (g)	37.3g	6.8g
- saturated (g)	9.5g	1.7g
Carbohydrate (g)	95.4g	17.3g
- sugars (g)	33.3g	6g
Sodium (mg)	2002mg	363mg

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

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1



Cook the rice

- Boil the kettle.
- Half-fill a medium saucepan with the boiling water. Add **basmati rice** and a pinch of **salt**. Cook, uncovered, over high heat until tender, **12 minutes**.
- Drain rice, then return to pan. Stir through the **butter** then cover to keep warm.

3



Cook the pork & veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, tossing, until tender, **4-5 minutes**. Add **Asian greens** and **garlic**. Cook until just wilted and fragrant, **1-2 minutes**. Transfer to a bowl. Season with **salt** and **pepper** to taste, then cover to keep warm.
- Return frying pan to high heat with a drizzle of **olive oil**. Cook **pork strips**, in batches, until golden, **2-3 minutes**. Return all **pork** to pan, then add **sauce mixture** and cook, stirring, until bubbling, **30 seconds**.

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

Custom Recipe: If you've swapped to chicken tenderloins, cut the chicken tenderloins into 2cm strips. Cook the chicken, in batches, until cooked through (when it's no longer pink inside), 3-4 minutes. Return all chicken to pan, then add sauce mixture and cook, stirring, until bubbling, 30 seconds.

2



Get prepped

- While rice is cooking, thinly slice **carrot** into half-moons. Roughly chop **Asian greens**. Finely chop **garlic**.
- In a medium bowl, combine **ginger paste**, **sweet chilli sauce**, the **soy sauce** and a splash of **water**.

4



Serve up

- Divide rice between bowls. Top with veggies and sweet chilli pork.
- Drizzle with **sesame dressing**. Garnish with **roasted peanuts** to serve. Enjoy!

Rate your recipe

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