

Ginger Pork Stir-Fry with Snow Peas & Jasmine Rice

Ah, ginger and pork. The two go together like Ginger Rogers and Fred Astaire. Dancing across your taste buds tonight, this lip smacking concoction in tasty oyster sauce served on a bed of pillowy Jasmine rice won't fail to have you swinging.





Jasmine Rice

Oyster Sauce

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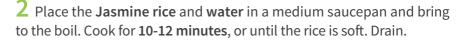
2P 1 packet	4P 2 packets	Ingredients pork strips		Ingredient features in another recipe			
1 knob	2 knobs	ginger, peeled & finely grated		* Dentry Items			
1	2	long red chilli, deseeded & sliced		* Pantry Items			
1 clove	2 cloves	garlic, peeled & crushed		Pre-preparation			
1 packet	2 packets	Jasmine rice, rinsed well					
3 cups	6 cups	water *		Nutrition per serve			
1 tub	2 tubs	oyster sauce		Energy Protein	2240 44.6		
1 tbs	2 tbs	salt-reduced soy sauce *		Fat, total	3.4	g g	
2 tsp	1 tbs	sugar *		-saturated	0.9	g	
1 packet	2 packets	snow peas, trimmed		Carbohydrate	78.1	g	
1	2	carrot, peeled & cut into match sticks		-sugars	15.6	g	
_	-			Sodium	1550	mg	



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You will need: chef's knife, chopping board, fine grater, vegetable peeler, sieve, bowl, medium saucepan, large wok or frying pan, wooden spoon and plate.

1 Place the **pork strips** into a bowl and add in the **ginger**, **long red chilli**, **garlic** and a dash of vegetable oil. Marinate for **10 minutes**.



3 Heat a large wok or frying pan over a high heat. Add the marinated pork strips and cook for 2 minutes. Remove the pork from the pan and set aside on a plate. No need to clean the pan, just add in the **oyster sauce, salt-reduced soy sauce, sugar, snow peas, carrot** and a splash of water and cook for **1-2 minutes**, or until the veggies are slightly soft. Return the pork to the pan and cook until heated through.



4 To serve, divide the rice between bowls and top with the saucy ginger pork stir-fry.



Did you know? Ginger was first introduced to Europe in approximately 800 A.D. and was ranked second to pepper as a spice for centuries.