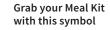
# Ginger Pork & Veggie Stir-Fry with Cauliflower Rice & Crispy Shallots













Green Beans











**Oyster Sauce** 



Chicken-Style Stock Powder



Crispy Shallots

**Pantry items** 

Olive Oil, Soy Sauce, Brown Sugar



Hands-on: 15-25 mins Ready in: 20-30 mins



Carb Smart

### Before you start

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

veggies a wash.

### 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<br>(50g)  | 1 packet<br>(100g) |
| soy sauce*                    | ½ tbs              | 1 tbs              |
| brown sugar*                  | ½ tbs              | 1 tbs              |
| cauliflower rice              | 1 packet<br>(250g) | 1 packet<br>(500g) |
| chicken-style<br>stock powder | 1 medium sachet    | 1 large sachet     |
| pork strips                   | 1 small packet     | 1 large packet     |
| crispy shallots               | 1 medium packet    | 1 large packet     |

<sup>\*</sup>Pantry Items Nutrition

| Avg Qty          | Per Serving     | Per 100g      |
|------------------|-----------------|---------------|
| Energy (kj)      | 1544kJ (369Cal) | 336kJ (80Cal) |
| Protein (g)      | 35.9g           | 7.8g          |
| Fat, total (g)   | 11.9g           | 2.6g          |
| - saturated (g)  | 4.4g            | 1g            |
| Carbohydrate (g) | 27.3g           | 5.9g          |
| - sugars (g)     | 19.1g           | 4.2g          |
| Sodium (mg)      | 2417mg          | 526mg         |
| Dietary Fibre    | 6.8g            | 1.5g          |

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

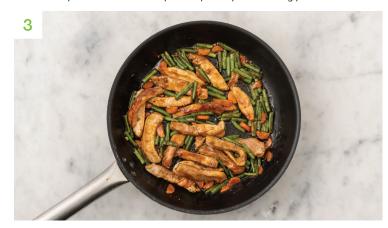
ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Get prepped & cook the veggies

- 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, brown sugar 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 speed up the cooking process!



## 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 pork and the cooked veggies to 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.



### Cook the cauliflower rice

- Return frying pan to high heat with a drizzle of olive oil.
- Cook cauliflower rice, stirring, until softened, 2-4 minutes.
- Add garlic and chicken-style stock powder and cook until fragrant, 1 minute. Transfer to a bowl and cover to keep warm.



## Serve up

- Divide cauliflower rice between bowls. Top with ginger pork and veggie stir-fry.
- · Sprinkle with crispy shallots to serve.

## Enjoy!

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