



Ginger Pork & Veggie Stir-Fry

with Cauliflower Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Green Beans



Carrot



Garlic



Oyster Sauce



Sweet Chilli Sauce



Crispy Shallots



Cauliflower Rice

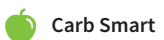


Ginger Paste



Pork Strips

Prep in: **15-25 mins**
Ready in: **20-30 mins**



When you want to keep the carbs (and cook-time!) down, swap rice for our fluffy, pre-prepped cauli rice. Together with the juicy pork strips and crisp veggies, it soaks up the slightly sweet and zingy stir-fry sauce like a treat.

Pantry items

Olive Oil, 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

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 (50g)	1 packet (100g)
soy sauce*	½ tbs	1 tbs
sweet chilli sauce	1 small packet	1 medium packet
cauliflower rice	1 packet (250g)	1 packet (500g)
pork strips	1 small packet	1 large packet
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1446kJ (346Cal)	310kJ (74Cal)
Protein (g)	35.9g	7.7g
Fat, total (g)	12.3g	2.6g
- saturated (g)	4.5g	1g
Carbohydrate (g)	30.1g	6.4g
- sugars (g)	21.9g	4.7g
Sodium (mg)	2070mg	443mg
Dietary Fibre (g)	7.1g	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.

1



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**, **sweet chilli sauce** 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 help speed up the cooking process!

3



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 cooked **pork** and **veggies** to the 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.

2



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 cook until fragrant, **1 minute**.
- Transfer to a bowl and cover to keep warm.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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