



HOISIN PORK & PEANUT STIR-FRY

with Jasmine Rice & Asian Greens



Toast nuts and seeds for extra flavour



Pork Loin



Red Capsicum



Carrot



Asian Greens



Ginger



Spring Onion



Hoisin Sauce



Jasmine Rice



Crushed Peanuts



Sesame Seeds

Pantry Staples



Olive Oil



Soy Sauce



Vinegar (Rice Wine Or White Wine)



Brown Sugar (Or Honey)



Water

Hands-on: 20 mins
Ready in: 35 mins

Hoisin pork stir-fry is always going to be a winner for a quick weeknight meal, but when you add toasted peanuts and sesame seeds? Well, then you've really got a party.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, box grater, two medium bowls, sieve, medium saucepan** with a lid, **large frying pan, two small bowls** and a **wooden spoon**.



1 GET PREPPED

Cut the **pork loin** steaks into 2 cm chunks. Cut the **red capsicum** into 1 cm cubes. Cut the **carrot** (unpeeled) into 1 cm cubes. **TIP:** Keep the skin on the carrot to retain the nutrients. Roughly chop the **Asian greens**. Grate the **ginger** (unpeeled). Finely slice the **spring onion**.



2 MARINATE THE PORK

In a medium bowl, combine the **hoisin sauce, soy sauce, vinegar, brown sugar (or honey)** and **olive oil (2 tsp for 2 people/ 1 tbs for 4 people)**. Place the **pork** chunks in a second medium bowl and pour over **1/3** of the **hoisin-soy sauce mixture**. Toss to coat the pork and set aside to marinate. **TIP:** If you have the time, allow the pork to marinate for **30 minutes** to enhance the flavour and increase tenderness.



3 COOK THE RICE

While the pork is marinating, rinse the **Jasmine rice** well. Bring the rice and the **water (check the ingredients list for the amount)** to the boil in a medium saucepan over a high heat. Reduce the heat to medium and simmer, uncovered, for **11-12 minutes**, or until the rice is soft. Drain and return to the saucepan. Cover with a lid to keep warm.



4 TOAST THE NUTS AND SEEDS

While the rice is cooking, heat a large frying pan over a medium-high heat. Add the **crushed peanuts** and the **sesame seeds** and toast, stirring, for **3-4 minutes**, or until golden. Remove from the pan and set aside in a small bowl.



5 COOK THE PORK AND VEGGIES

Heat a **drizzle of olive oil** in the same large pan over a high heat. Cook the **pork** chunks in batches for **3-4 minutes**, or until cooked through. **TIP:** Cooking the pork in batches stops it from stewing in the pan. Set aside in a small bowl. Add the **red capsicum, carrot, Asian greens** and **ginger** to the same pan and cook for **2-3 minutes**, or until just tender. Return the pork to the pan and add the **remaining hoisin soy-sauce mixture**. Stir for **1 minute**, or until heated through.



6 SERVE UP

Divide the rice between bowls and top with the hoisin pork and vegetable stir-fry. Sprinkle over the toasted nuts and seeds and the spring onion.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
pork loin	1 packet	1 packet
red capsicum	1	2
carrot	1	2
Asian greens	1 bunch	2 bunches
ginger	1 knob	2 knobs
spring onion	1 bunch	1 bunch
hoisin sauce	1 sachet (50 g)	2 sachets (100 g)
soy sauce*	2 tbs	½ cup
vinegar (rice wine or white wine)*	2 tsp	1 tbs
brown sugar (or honey)*	2 tsp	1 tbs
Jasmine rice	1 packet (¾ cup)	2 packets (1 ½ cups)
water*	3 cups	6 cups
crushed peanuts	1 sachet (2 tbs)	2 sachets (½ cup)
sesame seeds	1 sachet (1 tbs)	2 sachets (2 tbs)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2980kJ (712Cal)	341kJ (82Cal)
Protein (g)	51.8g	5.9g
Fat, total (g)	17.7g	2.0g
- saturated (g)	2.8g	0.3g
Carbohydrate (g)	84.0g	9.6g
- sugars (g)	21.0g	2.4g
Sodium (g)	1450mg	166mg

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2017 | WK39

