



Chinese-Style Pork & Veggie Stir-Fry

with Sesame Cauliflower Rice

Grab your Meal Kit with this symbol



Garlic



Carrot



Brown Onion



Asian Greens



Oyster Sauce



Mixed Sesame Seeds



Crispy Shallots



Chilli Flakes (Optional)

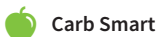


Cauliflower Rice



Pork Mince

Prep in: 20-30 mins
Ready in: 25-35 mins



Get your Chinese food fix without the carb overload by teaming a moreish pork mince and oyster sauce stir-fry with fragrant and quick-cooking cauliflower rice.

Pantry items

Olive Oil, Soy Sauce, Honey, Butter

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
garlic	2 cloves	4 cloves
carrot	1	2
brown onion	1	2
Asian greens	1 bag	2 bags
oyster sauce	1 packet (50g)	1 packet (100g)
soy sauce*	1 tbs	2 tbs
honey*	½ tbs	1 tbs
water*	1 tbs	2 tbs
cauliflower rice	1 packet (250g)	1 packet (500g)
mixed sesame seeds	1 medium packet	1 large packet
pork mince	1 small packet	1 medium packet
butter*	15g	30g
crispy shallots	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1967kJ (470Cal)	350kJ (83Cal)
Protein (g)	31.9g	5.7g
Fat, total (g)	27.8g	5g
- saturated (g)	11.6g	2.1g
Carbohydrate (g)	29.6g	5.3g
- sugars (g)	23.1g	4.1g
Sodium (mg)	1623mg	289mg
Dietary Fibre	9.1g	1.6g

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

2022 | CW30



1



Get prepped

- Finely chop **garlic**.
- Thinly slice **carrot** into half-moons. Slice **brown onion** into thin wedges.
- Roughly chop **Asian greens**.
- In a small bowl, combine **oyster sauce**, the **soy sauce**, the **honey** and the **water**.

3



Cook the veggies & pork

- Wipe out frying pan, then return to a medium-high heat with a drizzle of **olive oil**.
- Stir-fry the **carrot** and **onion** until softened, **4-5 minutes**. Transfer to a plate.
- Return frying pan to a high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking it up with a spoon, until just browned, **3-4 minutes**.
- Add **Asian greens** and remaining **garlic** and cook until wilted, **1 minute**.
- Return **carrot** and **onion** to pan, then add the **oyster sauce mixture** and the **butter**. Cook, stirring, until bubbling, **30 seconds**.

2



Cook the sesame cauliflower rice

- In a large frying pan, heat a drizzle of **olive oil** over a high heat.
- Cook **cauliflower rice** until softened, **2-4 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Season to taste.
- Stir through **mixed sesame seeds**.
- Transfer to a bowl and cover to keep warm.

4



Serve up

- Divide sesame cauliflower rice between bowls. Top with Chinese-style pork and veggie stir-fry.
- Garnish with **crispy shallots** and a pinch of **chilli flakes** (if using) to serve.

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