# Quick Vietnamese-Style Pork with Peanuts & Sesame Veggies













Asian Greens



Carrot







Seeds



Pork Mince



**Ginger Paste** 



**Crushed Peanuts** 



Hoisin Sauce

**Pantry items** 

Olive Oil, Butter, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Rice Wine Vinegar, Brown Sugar, Eggs



Not suitable for coeliacs

## Before you start

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

You'll also need to give your fruit and

#### You will need

Medium saucepan with a lid · Large frying pan

# Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	2 cloves	4 cloves	
butter*	20g	40g	
water* (for the rice)	1¼ cups	2½ cups	
jasmine rice	1 medium packet	1 large packet	
Asian greens	1 bunch	2 bunches	
carrot	1	2	
zucchini	1	2	
mixed sesame seeds	1 medium packet	1 large packet	
pork mince	1 small packet	1 medium packet	
ginger paste	1 medium packet	1 large packet	
crushed peanuts	1 medium packet	1 large packet	
hoisin sauce	1 packet	2 packets	
soy sauce* (or gluten free tamari soy sauce)	2 tsp	4 tsp	
rice wine vinegar*	2 tsp	4 tsp	
brown sugar*	pinch	pinch	
water* (for the sauce)	1 tbs	2 tbs	
eggs*	2	4	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3878kJ (926Cal)	667kJ (159Cal)
Protein (g)	45.5g	7.8g
Fat, total (g)	37.6g	6.5g
- saturated (g)	13.4g	2.3g
Carbohydrate (g)	94.4g	16.2g
- sugars (g)	28.6g	4.9g
Sodium (mg)	1123mg	193mg

The quantities provided above are averages only.

### **Allergens**

Always read product labels for the most up-to-date allergen information.

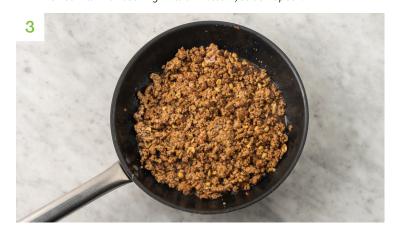
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Make the garlic rice

- Finely chop garlic.
- In a medium saucepan, melt the butter with a dash of olive oil over a
  medium heat. Cook garlic until fragrant, 1-2 minutes. Add the water (for
  the rice) and a generous pinch of salt, then bring to the boil.
- Add jasmine rice. Stir, cover with a lid and reduce heat to low. Cook for 12 minutes, then remove from heat. Keep covered until rice is tender and all the water is absorbed, 10-15 minutes.

TIP: The rice will finish cooking in its own steam, so don't peek!



## Cook the pork & eggs

- Return frying pan to a high heat with a drizzle of olive oil. When oil is hot, cook pork mince, breaking it up with a spoon, until browned, 3-4 minutes.
- Add ginger paste, crushed peanuts, hoisin sauce, the soy sauce, rice wine vinegar, a pinch of brown sugar and the water (for the sauce). Cook, stirring, until bubbling, 30 seconds. Transfer to a second bowl. Cover to keep warm.
- Wipe out frying pan, then return to a medium-high heat with a drizzle of olive oil. Crack in the eggs. Fry until yolk is cooked to your liking,
   4-5 minutes.

**TIP:** This will give a soft yolk, fry for 6-7 minutes for a hard yolk.



# Cook the veggies

- While rice is cooking, roughly chop Asian greens. Slice carrot and zucchini into thin sticks.
- Stir-fry the carrot and zucchini until almost tender, 4-5 minutes. Add Asian greens and mixed sesame seeds and cook until Asian greens are just wilted, 1-2 minutes.
- Transfer **veggies** to a bowl. Season to taste. Cover to keep warm.



# Serve up

- Divide garlic rice between bowls. Top with Vietnamese-style pork and sesame veggies.
- Top with fried egg to serve.

## **Enjoy!**

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