

# Sichuan Pork & Veggie Stir-Fry

with Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Capsicum



Asian Greens



Lime



Ginger



Pork Mince



Sichuan Garlic Paste



Coriander



Crispy Shallots

 Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

This bountiful bowl has "new favourite" written all over it! Our mild Sichuan garlic paste is the key ingredient, giving a delicious flavour kick to pork mince. With tender veggies and an aromatic bed of garlic rice, it's a winner from start to finish.

### Pantry items

Olive Oil, Butter, 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
carrot	1	2
capsicum	1	2
Asian greens	1 bunch	2 bunches
lime	½	1
ginger	1 knob	2 knobs
soy sauce*	1 tbs	2 tbs
pork mince	1 small packet	1 medium packet
Sichuan garlic paste	1 packet	2 packets
water* (for the sauce)	1 tbs	2 tbs
coriander	1 bag	1 bag
crispy shallots	1 packet	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3411kJ (815Cal)	545kJ (130Cal)
Protein (g)	36.2g	5.8g
Fat, total (g)	33g	5.3g
- saturated (g)	13.2g	2.1g
Carbohydrate (g)	87.4g	14g
- sugars (g)	22.4g	3.6g
Sodium (mg)	1439mg	230mg

## Allergens

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

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



## 1 Cook the garlic rice

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

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



## 4 Cook the pork

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **pork mince**, breaking up with a spoon, until browned, **3-5 minutes**. Remove from the heat.



## 2 Get prepped

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Slice the **capsicum** into thin strips. Roughly chop the **Asian greens**. Zest the **lime** to get a good pinch, then slice into wedges. Grate the **ginger** (unpeeled).



## 5 Flavour the pork

Add the veggies, **Sichuan garlic paste**, **lime zest**, a generous squeeze of **lime juice** and **water (for the sauce)** to the **pork**. Toss to combine.



## 3 Cook the veggies

Heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**. Add the **carrot**, **capsicum** and a splash of **water**. Cook, stirring, until just tender, **4-6 minutes**. Add the **Asian greens** and cook until wilted, **1 minute**. Add the **ginger** and cook until fragrant, **1 minute**. Add the **soy sauce** and toss to combine. Transfer to a bowl.



## 6 Serve up

Roughly chop the **coriander**. Divide the garlic rice between bowls and top with the Sichuan pork and veggie stir-fry. Sprinkle with the **crispy shallots** and coriander. Serve with the remaining lime wedges.

Enjoy!