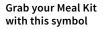
# Sichuan Pork & Veggie Stir-Fry

with Garlic Rice















Carrot





Asian Greens





Coriander



Sichuan Garlic





**Crispy Shallots** 

**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

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	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*	1/4 tsp	½ tsp	
carrot	1	2	
capsicum	1	2	
Asian greens	1 bunch	2 bunches	
lime	1/2	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	

<sup>\*</sup>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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 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!



#### 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).



## 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.



## 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.



#### 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.



#### 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!