



# Sichuan Pork & Veggie Stir-Fry

with Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Capsicum



Asian Greens



Lemon



Ginger Lemongrass Paste



Pork Mince



Sichuan Garlic Paste



Crispy Shallots



Beef Mince

**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.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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 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 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
carrot	1	2
capsicum	1	2
Asian greens	1 bag	2 bags
lemon	½	1
ginger		
lemongrass paste	1 packet	2 packets
soy sauce*	1 tbs	2 tbs
pork mince	1 small packet	1 large packet
Sichuan garlic paste	1 packet	2 packets
water* (for the sauce)	1 tbs	2 tbs
crispy shallots	1 medium packet	1 large packet
beef mince**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3399kJ (812Cal)	531kJ (127Cal)
Protein (g)	36.4g	5.7g
Fat, total (g)	32.2g	5g
- saturated (g)	11.2g	1.7g
Carbohydrate (g)	91.3g	14.3g
- sugars (g)	21.9g	14.3g
Sodium (mg)	1303mg	203mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3381kJ (808Cal)	528kJ (126Cal)
Protein (g)	40g	6.2g
Fat, total (g)	30.1g	4.7g
- saturated (g)	11g	1.7g
Carbohydrate (g)	91.3g	14.3g
- sugars (g)	21.9g	14.3g
Sodium (mg)	1315mg	205mg

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

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## 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 a pinch of **salt** 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!



## Cook the pork

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

## CUSTOM RECIPE

If you've swapped to beef mince, cook the beef mince as above.



## Get prepped

While the rice is cooking, thinly slice the **carrot** into half-moons. Slice the **capsicum** into thin strips. Roughly chop the **Asian greens**. Zest the **lemon**, then cut into wedges.



## Flavour the pork

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



## Cook the veggies

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



## Serve up

Divide the garlic rice between bowls and top with the Sichuan pork & veggie stir-fry. Sprinkle with the **crispy shallots**. Serve with the remaining lemon wedges.

## Enjoy!

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