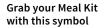
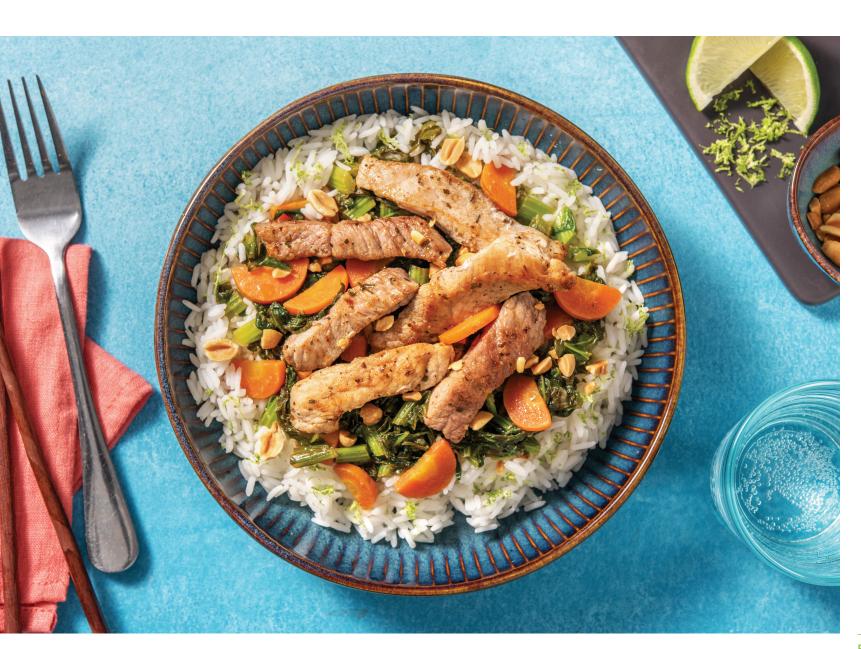


# Southeast Asian Pork & Veggie Stir-Fry

with Garlic Rice





















Carrot





Pork Strips

Asian Greens

Oyster Sauce



Southeast Asian Spice Blend



Crushed Peanuts

**Pantry items** Olive Oil, 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

Medium saucepan with lid  $\cdot$  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 cup	2½ cup	
salt*	1/4 tsp	½ tsp	
ginger	1 knob	2 knobs	
lime	1/2	1	
carrot	1	2	
Asian greens	1 bunch	2 bunches	
oyster sauce	1 sachet (50g)	1 sachet (100g)	
water* (for the veggies)	1 tbs	2 tbs	
pork strips	1 medium packet	1 large packet	
Southeast Asian Spice Blend	1 sachet	2 sachets	
crushed peanuts	1 packet	2 packets	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Per Serving	Per 100g
3141kJ (750Cal)	605kJ (144Cal)
41.2g	7.9g
27.8g	5.4g
9.7g	1.9g
79.5g	15.3g
14.4g	2.8g
2478mg	477mg
	3141kJ (750Cal) 41.2g 27.8g 9.7g 79.5g 14.4g

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.



## 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** 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, grate the **ginger**. Zest the **lime** to get a generous pinch and cut into wedges. Thinly slice the **carrot** into half-moons. Roughly chop the **Asian greens.** 



## Cook the veggies

Heat a drizzle of **olive oil** in a large frying pan over a high heat. When the oil is hot, add the **carrot** and a splash of **water** and cook until just tender, **5 minutes**. Add the **Asian greens** and cook, tossing, until wilted, **1-2 minutes**.



### Flavour the veggies

Reduce the heat to medium and add another drizzle of olive oil to the pan. Add the ginger and cook until fragrant, 1 minute. Add the oyster sauce, water (for the veggies) and a generous squeeze of lime juice. Toss to coat and heat through, 1 minute. Transfer to a bowl.



### Cook the pork

While the veggies are cooking, combine the **pork strips**, **Southeast Asian spice blend** and a drizzle of **olive oil** in a medium bowl. Wash and dry the frying pan and return to a high heat with a drizzle of **olive oil**. Cook the **pork strips**, in batches, until golden, **2-3 minutes**.



# Serve up

Stir the lime zest through the rice. Divide the garlic rice between bowls. Top with the Southeast Asian pork strips and veggie stir-fry. Sprinkle over the **crushed peanuts**. Serve with any remaining lime wedges.

# Enjoy!