



Southeast Asian Pork & Veggie Stir-Fry

with Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Ginger



Lime



Carrot



Asian Greens



Oyster Sauce



Pork Strips



Southeast Asian Spice Blend



Crushed Peanuts

Hands-on: 25-35 mins
Ready in: 35-45 mins

Whip up a tasty bowl of quick-cooking pork strips tossed with colourful veggies and an easy sauce packed with umami flavours. It's a takeaway standard made at home in a flash!

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 · 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 cup	2½ cup
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
lime	½	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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3141kJ (750Cal)	605kJ (144Cal)
Protein (g)	41.2g	7.9g
Fat, total (g)	27.8g	5.4g
- saturated (g)	9.7g	1.9g
Carbohydrate (g)	79.5g	15.3g
- sugars (g)	14.4g	2.8g
Sodium (mg)	2478mg	477mg

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!



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.



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 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**.



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**.



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!