



Stir-Fried Pork & Oyster Sauce

with Veggies & Crushed Peanuts



Jasmine Rice



Garlic



Brown Onion



Carrot



Capsicum



Green Beans



Oyster Sauce



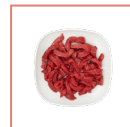
Ginger Paste



Pork Strips



Crushed Peanuts



Beef Strips

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Calorie Smart[^]

We've teamed quick-cooking pork strips with crisp and colourful veggies, plus a simple, crowd-pleasing sauce. The result is a dish with all the takeaway vibes, but without the calorie overload. You're welcome!

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

Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce, Brown Sugar

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 or wok

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
brown onion	½	1
carrot	1	2
capsicum	1	2
green beans	1 small bag	1 medium bag
oyster sauce	1 packet (50g)	1 packet (100g)
ginger paste	1 medium packet	1 large packet
rice wine vinegar*	¼ tsp	½ tsp
soy sauce*	1 tbs	2 tbs
brown sugar*	3 tsp	1½ tbs
water* (for the sauce)	2 tsp	1 tbs
pork strips	1 small packet	1 large packet
crushed peanuts	1 medium packet	1 large packet
beef strips**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2711kJ (647Cal)	493kJ (117Cal)
Protein (g)	40.5g	7.4g
Fat, total (g)	11.8g	2.1g
- saturated (g)	3g	0.5g
Carbohydrate (g)	88.6g	16.1g
- sugars (g)	21g	3.8g
Sodium (mg)	1995mg	363mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2861kJ (683Cal)	528kJ (126Cal)
Protein (g)	48.4g	8.9g
Fat, total (g)	12.5g	2.3g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	87.8g	16.2g
- sugars (g)	20.7g	3.8g
Sodium (mg)	1541mg	284mg

The quantities provided above are averages only.

^Custom recipe is not Calorie Smart.

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW44



Cook the jasmine rice

In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add the **jasmine rice**. Stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat. Keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Stir-fry the **onion, carrot** and **capsicum** until starting to soften, **4-5 minutes**. Add the **garlic** and **green beans** and cook until just tender, **1 minute**.



Get prepped

Finely chop the **garlic**. Thinly slice the **brown onion** (see ingredients). Thinly slice the **carrot** into half-moons. Cut the **capsicum** into bite-sized chunks. Trim the **green beans**. In a small bowl, combine the **oyster sauce, ginger paste, rice wine vinegar, soy sauce, brown sugar** and the **water (for the sauce)**. Set aside.



Bring it all together

Return the **pork strips** to the pan, then add the **oyster sauce mixture** and cook, tossing, until well combined, **1-2 minutes**.

CUSTOM RECIPE

Return the beef strips to the pan, then continue as above.



Cook the pork

In a large frying pan or wok, heat a drizzle of **olive oil** over a high heat. Cook the **pork strips**, in batches, tossing, until browned, **2-3 minutes**. Season with **salt** and **pepper**. Transfer to a plate.

TIP: Cooking the meat in batches over a high heat helps it stay tender.

CUSTOM RECIPE

If you've swapped to beef strips, prepare the pan or wok as above. Cook the beef strips, in batches, tossing, until browned, 1-2 minutes. Continue as above.



Serve up

Divide the jasmine rice between bowls. Top with the pork and oyster sauce stir-fry. Sprinkle with the **crushed peanuts** to serve.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

