



Stir-Fried Pork & Oyster Sauce

with Veggies, Jasmine Rice & Peanuts

KID FRIENDLY

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Carrot



Green Beans



Oyster Sauce



Sweet Chilli Sauce



Crushed Peanuts



Pork Strips

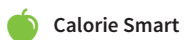


Ginger Paste

Recipe Update

Unfortunately, this week's broccoli was in short supply, so we've replaced it with green beans. Don't worry, the recipe will be just as delicious!

Prep in: 25-35 mins
Ready in: 30-40 mins



In this Thai takeaway-inspired dish, we've teamed quick-cooking pork strips and crisp and colourful veggies with a simple sauce that's the perfect balance of sweet and savoury flavours, complete with a touch of zing from the ginger.

Pantry items

Olive Oil, Rice Wine Vinegar, 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

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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2713kJ (648Cal)	608kJ (145Cal)
Protein (g)	42.7g	9.6g
Fat, total (g)	11.8g	2.6g
- saturated (g)	3.1g	0.7g
Carbohydrate (g)	87g	19.5g
- sugars (g)	20.8g	4.7g
Sodium (mg)	2113mg	474mg
Dietary Fibre (g)	24.2g	5.4g

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.



1 Cook the jasmine rice

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

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



2 Get prepped

- Meanwhile, finely chop **garlic**. Thinly slice **carrot** into half-moons. Trim **green beans**.
- In a small bowl, combine **oyster sauce**, the **rice wine vinegar**, the **soy sauce**, **sweet chilli sauce** and the **water (for the sauce)**. Set aside.

Little cooks: Take charge by combining the ingredients for the sauce!



3 Cook the pork

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

TIP: Cooking the pork in batches over high heat helps keep it tender.



4 Cook the veggies

- Return frying pan to high heat with a drizzle of **olive oil**. Stir-fry **carrot** and **green beans** until starting to soften, **5-6 minutes**.
- Add **garlic** and **ginger paste** and cook until fragrant, **1 minute**.

TIP: Add a dash of water to the pan to help speed up the cooking process.



5 Bring it all together

- Return **pork** to pan.
- Add **oyster sauce mixture** and cook, tossing, until heated through and well combined, **1-2 minutes**.



6 Serve up

- Divide jasmine rice between bowls.
- Top with stir-fried pork and oyster sauce.
- Garnish with **crushed peanuts** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling the peanuts on top.

We're here to help!

Scan here if you have any questions or concerns



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