



Sweet Black Bean Pork

with Rice, Garlic-Soy Veggies & Peanuts

NEW

DIETITIAN APPROVED



Grab your Meal Kit with this symbol



Basmati Rice



Garlic



Asian Greens



Capsicum



Carrot



Lime



Pork Mince



Ginger Paste



Sweet Black Bean Sauce



Roasted Peanuts



Beef Mince

Prep in: 30-40 mins
Ready in: 35-45 mins

Sweet black bean sauce is our newest (and tastiest) ingredient that provides an explosion of flavours to tonight's pork mince. Combined with some lime zest and ginger, watch as the bed of basmati rice soaks up all of the flavours perfectly. And we've also added in the brightest veggies we could find, which turn the flavour up tenfold.

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

Pantry items

Olive Oil, Soy Sauce

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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*	1 ½ cups	3 cups
basmati rice	1 medium packet	1 large packet
garlic	3 cloves	6 cloves
Asian greens	1 bag	2 bags
capsicum	1	2
carrot	1	2
lime	½	1
soy sauce*	½ tbs	1 tbs
pork mince	1 small packet	1 medium packet
ginger paste	1 medium packet	1 large packet
sweet black bean sauce	1 packet (75g)	2 packets (150g)
roasted peanuts	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3137kJ (750Cal)	548kJ (131Cal)
Protein (g)	37.2g	6.5g
Fat, total (g)	28.6g	5g
- saturated (g)	7.3g	1.3g
Carbohydrate (g)	81.1g	14.2g
- sugars (g)	17.9g	3.1g
Sodium (mg)	775mg	135mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3163kJ (756Cal)	553kJ (132Cal)
Protein (g)	40.6g	7.1g
Fat, total (g)	27.7g	4.8g
- saturated (g)	7.8g	1.4g
Carbohydrate (g)	81.1g	14.2g
- sugars (g)	17.9g	3.1g
Sodium (mg)	777mg	136mg

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 rice

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

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

4



Cook the pork

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until browned, **4-5 minutes**.

Custom Recipe: If you've swapped to beef mince, cook the beef mince in the same way as above. Drain oil from pan before adding the ginger paste for best results!

2



Get prepped

- While the rice is cooking, finely chop **garlic**. Roughly chop **Asian greens**.
- Cut **capsicum** into bite-sized chunks. Thinly slice **carrot** into half-moons.
- Zest **lime** to get a generous pinch, then cut into wedges.

5



Make it saucy

- To the pan, add **ginger paste** and remaining **garlic** and cook until fragrant, **1 minute**.
- Add **sweet black bean sauce** and cook until bubbling, **30 seconds**. Add **lime zest** and a good squeeze of **lime juice**. Stir to combine and season to taste.

3



Cook the veggies

- Heat a large frying pan over high heat with a drizzle of **olive oil**. Add **carrot** and **capsicum** and cook until tender, **4-6 minutes**.
- Add **Asian greens**, 1/2 the **garlic** and the **soy sauce** and cook, tossing, until softened and fragrant, **1-2 minutes**.
- Transfer the veggies to a bowl. Cover to keep warm.

6



Serve up

- Divide the rice between bowls.
- Top with the soy veggies and black bean pork. Sprinkle with **roasted peanuts**. Serve with any remaining lime wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate