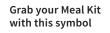


Sweet Black Bean Pork

with Rice, Garlic-Soy Veggies & Peanuts

NEW

DIETITIAN APPROVED











Asian Greens



Carrot



Pork Mince

Ginger Paste

Sweet Black



Roasted Peanuts

Bean Sauce



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.

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 \cdot 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	1/2	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	1 packet	2 packets	
sauce	(75g)	(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.



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!



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.



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.



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!



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.



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!



Scan here if you have any questions or concerns

