

# Sweet Chilli Pork Stir-Fry

with Peanut Rice & Pickled Onion

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Capsicum



Green Beans



Ginger



Red Onion



Oyster Sauce



Sweet Chilli Sauce



Pork Mince



Crushed Peanuts



Mint

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

Serve up a stir-fry loaded with all the good stuff! A colourful array of veggies and tasty pork mince are tossed through a saucy sweet chilli and oyster sauce for an easy dinner that tastes so much better than takeaway!

### Pantry items

Olive Oil, Butter, 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
garlic	2 cloves	4 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
carrot	1	2
capsicum	1	2
green beans	1 bag (100g)	1 bag (200g)
ginger	1 knob	2 knobs
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
oyster sauce	1 sachet (50g)	1 sachet (100g)
sweet chilli sauce	1 packet (50g)	1 packet (100g)
soy sauce*	2 tsp	1 tbs
water* (for the sauce)	3 tbs	6 tbs
pork mince	1 small packet	1 medium packet
crushed peanuts	1 packet	2 packets
mint	1 bunch	1 bunch

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3473kJ (830Cal)	543kJ (129Cal)
Protein (g)	39.1g	6.1g
Fat, total (g)	30.3g	4.7g
- saturated (g)	12g	1.9g
Carbohydrate (g)	95.6g	15g
- sugars (g)	30.5g	4.8g
Sodium (mg)	2049mg	321mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://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** and 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**, stir, then bring to the boil. Cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and 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

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **carrot**, **capsicum** and **green beans**, stirring, until tender, **3-4 minutes**. Add the **ginger** and cook until fragrant, **1 minute**. Transfer to a bowl and set aside.



## Get prepped

While the rice is cooking, thinly slice the **carrot** into half-moons. Slice the **capsicum** into thin strips. Trim and halve the **green beans**. Finely grate the **ginger**. Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **onion**, **rice wine vinegar** and a good pinch of **sugar** and **salt**. Add just enough **water** to cover the onion and stir to coat. Set aside.



## Cook the pork

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **pork mince**, breaking it up with a spoon, until just browned, **4-5 minutes**. Remove the pan from the heat, add the **veggies** and **Asian sauce** and stir to combine. When the rice is done, add the **crushed peanuts** into the saucepan and stir to combine. Drain the **onion**.



## Make the sauce

In a medium bowl, combine the **oyster sauce**, **sweet chilli sauce**, **soy sauce** and **water (for the sauce)**. Set aside.



## Serve up

Pick and finely slice the **mint** leaves. Divide the peanut rice between bowls and top with the sweet chilli pork stir-fry. Serve with the pickled onion and garnish with the mint.

Enjoy!