



CHINESE SWEET CHILLI & HOISIN PORK STIR-FRY

with Steamed Rice & Peanuts



Make your own stir-fry sauce



Spring Onion



Pork Loin



Carrot



Snow Peas



Coriander



Hoisin Sauce



Sweet Chilli Sauce



Long Red Chilli (Optional)



Black Sesame Seeds



Roasted Peanuts



Basmati Rice

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

Spicy (optional long red chilli)

Naturally gluten-free
Not suitable for Coeliacs

The sauce in this stir fry is an amazing, gooey, sticky treat. It's packed full of flavour, with hoisin and sweet chilli sauce at the party, so don't be afraid to add a splash of water if it's too much for the kids. Otherwise, dig in!

Pantry Staples: Olive Oil, Soy Sauce (or Gluten Free Tamari Soy Sauce)

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan** with a **lid, sieve, medium bowl, spoon, large frying pan** or **wok, wooden spoon** and a **plate**.



1 COOK THE RICE

Add the **water** (check ingredients list for the amount) to a medium saucepan and bring to the boil. Rinse the **basmati rice** well. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed. **TIP:** Don't lift the lid while the rice is resting so you don't lose any steam!



4 COOK THE STIR-FRY

Heat a **drizzle** of **olive oil** in a large frying pan or wok over a high heat. Add **1/2** the **pork loin** strips and cook for **1 minute**, or until browned (the pork will finish cooking in step 5). Remove from the pan and set aside on a plate. Repeat with the remaining pork. **TIP:** Cooking the pork in batches prevents it from stewing in the pan and ensures a tender result. Add the **carrot, spring onion, snow peas** and **black sesame seeds** to the pan and cook for **2 minutes**, or until tender. Add the **hoisin-soy sauce** and stir through.



2 GET PREPPED

While the rice is cooking, thinly slice the **pork loin** steak into 0.5 cm strips. Slice the **carrot** (unpeeled) into thin 0.2 cm discs. Finely slice the **spring onion**. Trim the **snow peas**. Finely slice the **long red chilli** (if using). Finely chop the **coriander** leaves.



5 RETURN THE PORK TO THE PAN

Place the **pork loin** back in the pan and stir until coated in the sauce and cooked through. **TIP:** Taste the sauce and add a **dash** of **water** if it is too flavourful for your kids! Adding water dilutes the sauce.



3 MAKE THE HOISIN-SOY SAUCE

In a medium bowl, combine the **hoisin sauce, sweet chilli sauce** and **soy sauce** and mix well.



6 SERVE UP

Divide the steamed rice and the Chinese sweet chilli & hoisin pork stir-fry between plates. Top with the **roasted peanuts**. Sprinkle the long red chilli (if using) and coriander over the adults' portions.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water*	3 cups
basmati rice	2 packets (1 1/2 cups)
pork loin	1 packet
carrot	2
spring onion	1 bunch
snow peas	1 bag
long red chilli (optional)	1
coriander	1 bunch
hoisin sauce	1 sachet (2 tbs)
sweet chilli sauce	1 tub (80 g)
soy sauce* (or gluten free Tamari soy sauce)	2 tbs
black sesame seeds	1 packet
roasted peanuts	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2630kJ (628Cal)	432kJ (103Cal)
Protein (g)	47.1g	7.7g
Fat, total (g)	9.1g	1.5g
- saturated (g)	1.7g	0.3g
Carbohydrate (g)	84.1g	13.8g
- sugars (g)	19.9g	3.3g
Sodium (g)	990mg	163mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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