

CHINESE SWEET CHILLI & HOISIN PORK STIR-FRY

with Steamed Rice & Peanuts





Make your own stir-fry sauce







Spring Onion







Coriander





Sweet Chilli Sauce



Long Red Chilli (Optional)



Black Sesame Seeds



Roasted Peanuts



Hands-on: 25 mins Ready in: 30 mins Spicy (optional long red chilli) 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)

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.



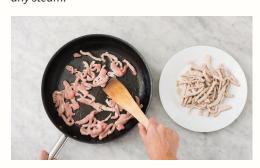
Add the water (check ingredients list for the amount) to a medium saucepan and bring to the boil. Rinse the basmati rice well. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for 10 minutes, then remove the pan from the heat and keep covered for another 10 minutes, or until the 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!



2 GET PREPPEDWhile 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.



MAKE THE HOISIN-SOY SAUCE In a medium bowl, combine the hoisin sauce, sweet chilli sauce and soy sauce and mix well.



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.



FRETURN 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.



SERVE UPDivide 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!

INGREDIENTS

	4-5P
olive oil*	refer to method
water*	3 cups
basmati rice	2 packets (1 ½ 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
*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

1 packet

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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