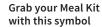
Sweet Chilli Pork Stir-Fry

with Veggies, Peanuts & Garlic Rice

CUSTOMER FAVOURITE













Capsicum



Broccoli





Sauce

Sweet Chill





Oyster Sauce



Crushed Peanuts



Prep in: 20-30mins Ready in: 30-40 mins Serve up a stir-fry loaded with all the good stuff! A colourful array of veggies and tender pork strips are tossed through a sweet and zesty Thai-style sauce for an easy dinner that will give your go-to takeaway a run for its money.

Pantry items Olive Oil, Butter, 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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
butter*	20g	40g		
garlic paste	1 packet	2 packets		
water* (for the rice)	1¼ cups	2½ cups		
jasmine rice	1 medium packet	1 large packet		
capsicum	1	2		
broccoli	1	2		
lime	1/2	1		
sweet chilli sauce	1 medium packet	2 medium packets		
oyster sauce	1 packet (50g)	1 packet (100g)		
soy sauce*	1 tsp	2 tsp		
water* (for the sauce)	1 tbs	2 tbs		
pork strips	1 small packet	1 large packet		
crushed peanuts	1 medium packet	1 large packet		
beef strips**	1 small packet	1 medium packet		

Nutrition

*Pantry Items **Custom Recipe Ingredient

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2967kJ (709Cal)	597kJ (143Cal)
Protein (g)	37g	7.4g
Fat, total (g)	19.4g	3.9g
- saturated (g)	7.9g	1.6g
Carbohydrate (g)	91.5g	18.4g
- sugars (g)	24g	4.8g
Sodium (mg)	2047mg	412mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3131kJ (748Cal)	630kJ (151Cal)
Protein (g)	42g	8.5g
Fat, total (g)	22g	4.4g
- saturated (g)	9.5g	1.9g
Carbohydrate (g)	90.5g	18.2g
- sugars (g)	23.9g	4.8g
Sodium (mg)	1724mg	347mg

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.

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Cook the garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook garlic paste until fragrant, 1-2 minutes.
 Add the water (for the rice) and a generous pinch of salt and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove from heat and keep covered until 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

- In a large frying pan, heat a drizzle of olive oil over high heat.
- Cook capsicum and broccoli, tossing, until tender, 6-8 minutes. Transfer veggies to a bowl.
 Cover to keep warm.



Get prepped

- While the rice is cooking, thinly slice capsicum.
- Chop broccoli (including stalk!) into small florets.
- Zest lime to get a good pinch, then slice into wedges.



Make the sauce

 In a small bowl, combine sweet chilli sauce, oyster sauce, the soy sauce, the water (for the sauce), lime zest and a good squeeze of lime juice.



Cook the pork

- Return frying pan to high heat with a drizzle of olive oil.
- When oil is hot, cook pork strips, in batches, tossing occasionally, until golden and cooked through, 2-3 minutes.
- Reduce heat to low, then add sweet chilli mixture and 1/2 the crushed peanuts. Cook, stirring, until slightly thickened and heated through, 1 minute.

Custom Recipe: If you've swapped to beef strips, heat frying pan as above. When oil is hot, cook beef strips, tossing, in batches until browned and cooked through, 1-2 minutes. Reduce heat to low, then add ingredients as above. Transfer to a plate.



Serve up

- · Divide garlic rice between bowls.
- Top with veggies and sweet chilli pork, spooning over any remaining sauce from pan.
- Sprinkle over remaining crushed peanuts. Serve with any remaining lime wedges. Enjoy!



We need your expertise!

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