



# Sweet Chilli Pork Stir-Fry

with Veggies, Peanuts & Garlic Rice

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Capsicum



Broccoli



Lime



Sweet Chilli Sauce



Oyster Sauce



Pork Strips



Crushed Peanuts



Beef Strips

### Recipe Update

Unfortunately, this week's broccoli & carrot mix was in short supply, so we've replaced it with just broccoli. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	20g	40g
garlic paste	1 packet	2 packets
<b>water*</b> (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
capsicum	1	2
broccoli	1	2
lime	½	1
sweet chilli sauce	1 medium packet	2 medium packets
oyster sauce	1 packet (50g)	1 packet (100g)
<b>soy sauce*</b>	1 tsp	2 tsp
<b>water*</b> (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

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

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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.



## 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.



## 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**.



## 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!

## Rate your recipe

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