

Thai-Spiced Pork & Veggie Stir-Fry

with Ginger-Coconut Rice & Peanuts


Grab your Meal Kit with this symbol



-  Ginger Lemongrass Paste
-  Coconut Milk
-  Basmati Rice
-  Carrot
-  Thai Stir-Fry Spice
-  Pork Strips
-  Shredded Cabbage Mix
-  Sweet Chilli Sauce
-  Roasted Peanuts
-  Beef Strips

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **20-30 mins**
 Ready in: **30-40 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

It's a good thing this Thai dish is quick and easy to make, because it smells so amazing as it cooks that it's tempting to eat it straight from the pan! But it's worth the wait, especially for the ginger-coconut rice which has got to be the tastiest accompaniment around.

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

Pantry items

Olive Oil, Butter, Soy Sauce (or Gluten-Free Tamari 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
butter*	20g	40g
ginger lemongrass paste	1 packet	2 packets
coconut milk	1 medium tin	1 large tin
water* (for the rice)	¾ cup	1 ¼ cups
basmati rice	1 medium packet	1 large packet
carrot	1	2
Thai stir-fry spice	1 medium packet	2 medium packets
salt*	¼ tsp	½ tsp
pork strips	1 small packet	1 large packet
water* (for the veggies)	2 tbs	¼ cup
shredded cabbage mix	1 medium bag	1 large bag
sweet chilli sauce	1 packet (50g)	1 packet (100g)
soy sauce* (or gluten-free tamari soy sauce)	2 tsp	1 tbs
roasted 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)	3836kJ (917Cal)	714kJ (171Cal)
Protein (g)	39.1g	7.3g
Fat, total (g)	44.2g	8.2g
- saturated (g)	22.5g	4.2g
Carbohydrate (g)	87.9g	16.4g
- sugars (g)	20.3g	16.4g
Sodium (mg)	1717mg	320mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3886kJ (928Cal)	759kJ (181Cal)
Protein (g)	42.6g	8.3g
Fat, total (g)	44.1g	8.6g
- saturated (g)	22.6g	4.4g
Carbohydrate (g)	87.1g	17g
- sugars (g)	20g	3.9g
Sodium (mg)	1246mg	243mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1 Cook the ginger-coconut rice

In a medium saucepan, melt the **butter** over a medium heat. Cook the **ginger lemongrass paste** until fragrant, **1 minute**. Add the **coconut milk**, the **water (for the rice)** and a generous pinch of **salt**. Stir, then bring to the boil. Add the **basmati rice**. Stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the heat. Keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



4 Cook the pork

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **pork**, in batches, tossing, until browned and cooked through, **2 minutes**. Transfer to a plate.

CUSTOM RECIPE

Prepare pan as above. When oil is hot, cook beef, in batches, until browned and cooked through, 1-2 minutes.

TIP: Cooking the meat in batches over a high heat helps it stay tender.



2 Get prepped

While the rice is cooking, thinly slice the **carrot** into rounds.



5 Cook the veggies

Return the frying pan to a medium-high heat. Cook the **carrot** and the **water (for the veggies)**, tossing, until just tender, **3-4 minutes**. Add the **shredded cabbage mix** and cook until slightly softened, **2 minutes**. In the **last minute**, stir in the **sweet chilli sauce** and **soy sauce**. Return the **pork** to the pan and toss until coated and heated through.

CUSTOM RECIPE

After adding the sauce, return the beef strips to the pan, as above.



3 Flavour the pork

In a medium bowl, combine the **Thai seven spice blend**, the **salt** and a drizzle of **olive oil**. Add the **pork strips**, tossing to coat.

CUSTOM RECIPE

If you've swapped to beef strips, flavour the beef the same way as above.



6 Serve up

Divide the ginger-coconut rice between bowls. Top with the Thai-spiced pork and veggie stir-fry. Sprinkle with the **roasted peanuts** to serve.

Enjoy!

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