



Thai-Spiced Pork & Veggie Stir-Fry

with Coconut Rice & Peanuts

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Carrot



Sweet Chilli Sauce



Thai Stir-Fry Spice



Baby Spinach Leaves



Roasted Peanuts



Ginger Lemongrass Paste



Pork Strips



Beef Strips



Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **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 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, 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
coconut milk	1 medium tin	1 large tin
water*	¾ cup	1 ½ cups
basmati rice	1 medium packet	1 large packet
carrot	1	2
sweet chilli sauce	1 packet (50g)	1 packet (100g)
ginger lemongrass paste	1 packet	2 packets
soy sauce* (or gluten-free tamari soy sauce)	2 tsp	1 tbs
Thai stir-fry spice	1 medium sachet	1 large sachet
pork strips	1 small packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
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)	3614kJ (864Cal)	693kJ (166Cal)
Protein (g)	41.6g	8g
Fat, total (g)	37g	7.1g
- saturated (g)	17.4g	3.3g
Carbohydrate (g)	88.9g	17g
- sugars (g)	20.5g	3.9g
Sodium (mg)	1323mg	254mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3614kJ (864Cal)	728kJ (174Cal)
Protein (g)	41.2g	8.3g
Fat, total (g)	37.3g	7.5g
- saturated (g)	17.9g	3.6g
Carbohydrate (g)	88.6g	17.8g
- sugars (g)	20.4g	4.1g
Sodium (mg)	959mg	193mg

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.

We're here to help!

Scan here if you have any questions or concerns

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Cook the coconut rice

- In a medium saucepan, add **coconut milk**, the **water** and a generous pinch of **salt**. Bring to the boil.
- Add **basmati rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **15 minutes**, then remove pan from heat.
- Keep covered until rice is tender and water is absorbed, **10 minutes**.

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



Cook the pork

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

TIP: Pork can be served slightly blushing pink in the centre.

Custom Recipe: Prepare the pan as above. Cook the beef, in batches, until browned and cooked through, 1-2 minutes. Transfer to a plate.

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



Get prepped

- Meanwhile, thinly slice **carrot** into rounds.
- In a small bowl, combine **sweet chilli sauce**, **ginger lemongrass paste**, the **soy sauce** and a splash of **water**. Set aside.



Cook the veggies

- Return frying pan to medium-high heat.
- Cook **carrot**, tossing, until just tender, **3-4 minutes**.
- In the **last minute** of cook time, add **sweet chilli mixture**. Return **pork** to pan, then add **baby spinach leaves** and toss until coated and heated through.

Custom Recipe: After adding the sauce, return the beef strips to the pan.



Flavour the pork

- In a medium bowl, combine **Thai stir-fry spice**, a pinch of **salt** and a drizzle of **olive oil**.
- Add **pork strips**, tossing to coat.

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



Serve up

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

Rate your recipe

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