

# Thai-Spiced Pork & Veggie Stir-Fry

with Coconut Rice & Peanuts

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Green Beans



Carrot



Sweet Chilli Sauce



Thai Seven Spice Blend



Roasted Peanuts



Ginger Lemongrass Paste



Pork Strips



Chicken Tenderloins

Prep in: 20-30 mins  
Ready in: 30-40 mins

Eat Me Early\*  
\*Custom Recipe only

Thanks to a medley of sweet chilli, ginger and lemongrass, and our Thai seven spice blend, this dish smells so amazing as it cooks, it's tempting to eat it straight from the pan. But it's worth the short wait, especially when served over fluffy coconut rice, the tastiest accompaniment around. Don't forget the roasted peanut garnish, for extra crunch and nuttiness.

**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
<b>olive oil*</b>	refer to method	refer to method
coconut milk	1 medium tin	2 medium tins
<b>water*</b>	¾ cup	1¼ cups
basmati rice	1 medium packet	1 large packet
green beans	1 small bag	1 medium bag
carrot	1	2
sweet chilli sauce	1 medium packet	1 large packet
ginger lemongrass paste	1 packet	2 packets
<b>soy sauce*</b> (or <i>gluten free tamari soy sauce</i> )	½ tbs	1 tbs
Thai seven spice blend	1 sachet	2 sachets
pork strips	1 small packet	1 large packet
roasted peanuts	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	1 large packet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3614kJ (864Cal)	693kJ (166Cal)
Protein (g)	41.5g	8g
Fat, total (g)	36.9g	7.1g
- saturated (g)	17.4g	3.3g
Carbohydrate (g)	88.8g	17g
- sugars (g)	20.4g	3.9g
Sodium (mg)	1385mg	266mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3563kJ (852Cal)	664kJ (159Cal)
Protein (g)	47.5g	8.9g
Fat, total (g)	32.8g	6.1g
- saturated (g)	15.7g	2.9g
Carbohydrate (g)	88.6g	16.5g
- sugars (g)	20.4g	3.8g
Sodium (mg)	964mg	180mg

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://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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2022 | CW46



## 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 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, **2-3 minutes**.
- Transfer to a plate.

**TIP:** Cooking the pork in batches over high heat helps it stay tender.

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken strips, tossing occasionally, until browned and cooked through, 3-4 minutes.



## Get prepped

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

**Custom Recipe:** Cut chicken tenderloins into 1cm strips.



## Cook the veggies

- Return frying pan to medium-high heat.
- Cook **green beans** and **carrot**, tossing, until just tender, **3-4 minutes**.
- In the **last minute**, add the **sweet chilli mixture**. Return **pork** to pan and toss until coated and heated through. Remove pan from heat.



## Flavour the pork

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

**Custom Recipe:** Add chicken to the spice mixture and toss to coat.



## Serve up

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

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