



Chilli Jam-Ginger Pork & Veggie Stir-Fry

with Nutty Garlic Rice

KID FRIENDLY

Grab your Meal Kit with this symbol



Lemon



Garlic Paste



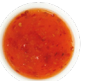
Jasmine Rice



Crushed Peanuts



Asian Stir-Fry Mix



Chilli Jam



Oyster Sauce



Pork Mince



Ginger Paste



Chilli Flakes (Optional)



Beef Mince

Prep in: 15-25 mins
Ready in: 25-35 mins

A zap of ginger, a splash of oyster sauce and for the final ingredient in our flavour potion, a good dollop of chilli jam. Dip the pork into it and watch as a delicious dinner comes to life before your eyes. This pork and veggie stir-fry will be irresistible to anyone who takes a bite. Simply magical!

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
olive oil*	refer to method	refer to method
lemon	½	1
butter*	20g	40g
garlic paste	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
crushed peanuts	1 packet	2 packets
Asian stir-fry mix	1 bag (300g)	1 bag (600g)
chilli jam	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
soy sauce*	½ tbs	1 tbs
pork mince	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3339kJ (798Cal)	676kJ (162Cal)
Protein (g)	37.4g	7.6g
Fat, total (g)	31g	6.3g
- saturated (g)	12.6g	2.5g
Carbohydrate (g)	88.4g	17.9g
- sugars (g)	20.9g	4.2g
Sodium (mg)	1660mg	336mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3630kJ (868Cal)	735kJ (176Cal)
Protein (g)	41.6g	8.4g
Fat, total (g)	35.5g	7.2g
- saturated (g)	15.5g	3.1g
Carbohydrate (g)	88.4g	17.9g
- sugars (g)	20.9g	4.2g
Sodium (mg)	1625mg	329mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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

2023 | CW31



1



Make the garlic rice

- Slice **lemon** into wedges.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook half the **garlic paste** until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt**, then 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 water is absorbed, **10-15 minutes**.
- When rice is done, stir through **crushed peanuts**.

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

TIP: Cover the pan with a lid if the garlic paste starts to spatter!

3



Cook the pork

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until just browned, **2-3 minutes**.
- Add **ginger paste** and remaining **garlic paste** and cook until fragrant, **1 minute**. Add **chilli jam mixture** and return **veggies** to the pan, tossing to combine, **1 minute**. Season to taste.

Custom Recipe: If you've swapped from pork mince to beef mince, cook in the same way as pork.

2



Cook the veggies

- While the rice is cooking, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **Asian stir-fry mix** until tender, **4-5 minutes**. Transfer to a medium bowl.
- Meanwhile, combine **chilli jam**, **oyster sauce**, the **soy sauce**, a squeeze of **lemon juice** and a splash of **water** in a small bowl.

Little cooks: Take charge by combining the ingredients for the sauce!

4



Serve up

- Divide nutty garlic rice, chilli jam pork and veggie stir-fry between bowls.
- Sprinkle over a pinch of **chilli flakes** (if using) to serve. Enjoy!

Rate your recipe

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