



Malaysian-Style Pork & Veggie Stir-Fry

with Garlic & Ginger Rice

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic Paste



Ginger Paste



Jasmine Rice



Fresh Chilli (Optional)



Pork Loin Steaks



Asian Stir-Fry Mix



Oyster Sauce



Crushed Peanuts



Peeled Prawns

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

The perfect sauce is here, so make room in your pan for an oyster sauce that can take a pork and veggie stir-fry to stardom. Sealing this stir-fry's rightful place is garlic and ginger rice - we give it a gold star for sure!

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

Pantry items

Olive Oil, Butter, Sesame Oil, 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
butter*	20g	40g
garlic paste	1 large packet	2 large packets
ginger paste	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
fresh chilli  (optional)	½	1
pork loin steaks	1 packet	1 packet
Asian stir-fry mix	1 bag (300g)	1 bag (600g)
sesame oil*	1 tsp	2 tsp
oyster sauce	1 large packet	2 large packets
soy sauce*	½ tbs	1 tbs
crushed peanuts	1 packet	2 packets
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3123kJ (746Cal)	640kJ (153Cal)
Protein (g)	48.1g	9.9g
Fat, total (g)	23.7g	4.9g
- saturated (g)	9g	1.8g
Carbohydrate (g)	81.9g	16.8g
- sugars (g)	13.4g	2.7g
Sodium (mg)	2537mg	520mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2776kJ (663Cal)	634kJ (152Cal)
Protein (g)	26.4g	6g
Fat, total (g)	21.7g	5g
- saturated (g)	8.3g	1.9g
Carbohydrate (g)	81.9g	18.7g
- sugars (g)	13.4g	3.1g
Sodium (mg)	3115mg	711mg

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

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1



Cook the rice

- In a medium saucepan, heat the **butter** and a dash of **olive oil** over medium heat. Cook half the **garlic paste** and half the **ginger paste** until fragrant, **1-2 minutes**.
- Add the **water** 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 the pan from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: Cover the pan with a lid if the garlic and ginger pastes begin to spatter!

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

3



Cook the pork

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **pork strips** until golden, **3-4 minutes**.
- Reduce heat to medium, then return **veggies** to the pan. Add **oyster sauce**, the **soy sauce** and **crushed peanuts**. Cook until well coated in the sauce, **1 minute**. Season with **pepper**.

Little cooks: Kids can help measure the soy sauce!

Custom Recipe: If you've upgraded to peeled prawns, return the frying pan to medium-high heat with a drizzle of olive oil. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Continue as above.

2



Stir-fry the veggies

- While the rice is cooking, thinly slice **fresh chilli** (if using). Slice **pork loin steaks** into 1cm strips.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Stir-fry **Asian stir-fry mix**, until softened, **3-4 minutes**.
- Add the **sesame oil**, the remaining **garlic paste** and remaining **ginger paste** and cook until slightly softened and fragrant, **1 minute**. Transfer to a plate.

4



Serve up

- Divide garlic and ginger rice between bowls.
- Top with Malaysian-style pork and veggie stir-fry. Garnish with **fresh chilli**. Enjoy!

Rate your recipe

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