



# Sweet Chilli Ginger Pork & Veggie Stir-Fry

with Nutty Garlic Rice

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Crushed Peanuts



Lemon



Asian Stir-Fry Mix



Sweet Chilli Sauce



Oyster Sauce



Ginger Paste



Pork Mince



Chilli Flakes (Optional)



Peeled Prawns

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

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3312kJ (792Cal)	670kJ (160Cal)
Protein (g)	37.2g	7.5g
Fat, total (g)	31.1g	6.3g
- saturated (g)	12.9g	2.6g
Carbohydrate (g)	86.4g	17.5g
- sugars (g)	19.9g	4g
Sodium (mg)	1581mg	320mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2757kJ (659Cal)	588kJ (141Cal)
Protein (g)	26.6g	5.7g
Fat, total (g)	18.4g	3.9g
- saturated (g)	8g	1.7g
Carbohydrate (g)	86.4g	18.4g
- sugars (g)	19.9g	4.2g
Sodium (mg)	2161mg	461mg

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](https://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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## Make the garlic rice

- 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 the 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 cook until fragrant, **1 minute**.
- Add **sweet chilli mixture** and return **veggies** to the pan, tossing to combine, **1 minute**. Season to taste.

**Custom Recipe:** If you've upgraded to peeled prawns, heat frying pan as above and cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Continue as above.

2



## Cook the veggies

- While the rice is cooking, slice **lemon** into wedges.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **Asian stir-fry mix** until tender, **4-5 minutes**. Transfer to a medium bowl.
- Meanwhile, combine **sweet chilli sauce**, **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, sweet chilli sauce-ginger pork and veggie stir-fry between bowls.
- Sprinkle over a pinch of **chilli flakes** (if using). Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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