



Asian Sweet-Soy Pork & Veggie Stir-Fry

with Basmati Rice & Crispy Shallots

NEW

Grab your Meal Kit with this symbol



Broccoli Florets



Carrot



Basmati Rice



Pork Mince



Sweet Soy Seasoning



Garlic Paste



Sweet Chilli Sauce



Oyster Sauce



Crispy Shallots



Beef Mince

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 10-20 mins
Ready in: 25-35 mins

We love a tender bit of broccoli in our pork stir-fry and we hope you'll agree that it lends the perfect veggie touch to this one. We can't forget the crunch of the crispy shallots, because all these elements together help to make a stir-fry we simply adore.

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

Pantry items

Olive Oil, Soy Sauce, Sesame Oil

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
broccoli florets	1 bag (200g)	1 bag (400g)
carrot	1	2
basmati rice	1 packet	1 packet
pork mince	1 packet	1 packet
sweet soy seasoning	1 sachet	2 sachets
garlic paste	1 medium packet	1 large packet
sweet chilli sauce	1 packet	2 packets
oyster sauce	1 medium packet	1 large packet
soy sauce*	½ tbs	1 tbs
sesame oil*	½ tbs	1 tbs
crispy shallots	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3144kJ (751Cal)	673kJ (161Cal)
Protein (g)	35.2g	7.5g
Fat, total (g)	24.2g	5.2g
- saturated (g)	7.6g	1.6g
Carbohydrate (g)	94.1g	20.1g
- sugars (g)	22.2g	4.7g
Sodium (mg)	2103mg	450mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3435kJ (821Cal)	735kJ (176Cal)
Protein (g)	39.4g	8.4g
Fat, total (g)	28.7g	6.1g
- saturated (g)	10.5g	2.2g
Carbohydrate (g)	94.1g	20.1g
- sugars (g)	22.2g	4.7g
Sodium (mg)	2082mg	445mg

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

2024 | CW02



1



Get prepped

- Boil the kettle.
- Cut any larger **broccoli florets** in half. Thinly slice **carrot** into half-moons.

3



Cook the stir-fry

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **broccoli** and **carrot**, tossing, until tender, **4-5 minutes**.
- Add **pork mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **sweet soy seasoning** and **garlic paste** and cook, until fragrant, **1 minute**.
- Reduce heat to medium-low, then add **sweet chilli sauce**, **oyster sauce**, the **soy sauce**, **sesame oil** and a splash of **water** and simmer, until slightly reduced, **1-2 minutes**.

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

2



Cook the rice

- Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**.
- Drain and set aside.

4



Serve up

- Divide basmati rice between bowls.
- Top with Asian sweet-soy pork and veggie stir-fry.
- Garnish with **crispy shallots** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate