

# Sweet Chilli Ginger Pork & Veggie Stir-Fry

with Nutty Garlic Rice

KID FRIENDLY

Grab your Meal Kit with this symbol







Garlic Paste

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**Crushed Peanuts** 

Lemon

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Sweet Chilli Sauce

Asian Stir-Fry

ix



Oyster Sauce

Pork Mince

Ginger Paste



Chilli Flakes (Optional)

Prep in: 15-25 mins

A zap of ginger, a splash of oyster sauce and for the final the pork into it and watch as a delicious dinner comes to

### 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 medium packet	1 large packet
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
crushed peanuts	1 packet	2 packets
lemon	1/2	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
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

<sup>\*</sup>Pantry Items

#### 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

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.



# Make the nutty garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium
- Cook 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!



# 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.



# 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.

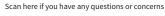
**Little cooks:** Take charge by combining the ingredients for the sauce!



# 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!









Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate