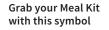


Char Siu Pork Stir-Fry & Basmati Rice

with Asian Greens & Peanuts

NEW











Baby Broccoli

Asian Greens

Oyster Sauce

Pork Mince





Garlic Paste



Prep in: 15-25 mins Ready in: 20-30 mins

Pork and rice with greens, we know just the sauce to transform this dish into a taste sensation - char siu, deeply rich and decadent and perfect for pork. A crushed peanut garnish is the perfect addition to add some crunchy texture. Char siu pork never lets us down.

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

3				
	2 People	4 People		
olive oil*	refer to method	refer to method		
basmati rice	1 medium packet	1 large packet		
carrot	1	2		
baby broccoli	½ medium bunch	1 medium bunch		
Asian greens	1 packet	2 packets		
soy sauce*	drizzle	drizzle		
oyster sauce	1 medium packet	1 large packet		
char siu paste	1 packet (75g)	1 packet (150g)		
sesame oil*	1 tbs	2 tbs		
pork mince	1 medium packet	2 medium packets OR 1 large packet		
garlic paste	1 large packet	2 large packets		
crushed peanuts	1 sachet	2 sachets		
beef strips**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
3585kJ (857Cal)	682kJ (163Cal)
37.6g	7.2g
33.8g	6.4g
8.3g	1.6g
96.2g	18.3g
26.3g	5g
2545mg	484mg
	3585kJ (857Cal) 37.6g 33.8g 8.3g 96.2g 26.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3477kJ (831Cal)	662kJ (158Cal)
Protein (g)	41.9g	8g
Fat, total (g)	28.9g	5.5g
- saturated (g)	6.6g	1.3g
Carbohydrate (g)	96.2g	18.3g
- sugars (g)	26.3g	5g
Sodium (mg)	2523mg	480mg

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.



Scan here if you have any questions or concerns

2024 | CW09





Cook the rice

- Boil the kettle. 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 return to the saucepan.



Cook the pork

- While the veggies are cooking, combine oyster sauce, char siu paste, the sesame oil and a good splash of water in a small bowl.
- Return the frying pan to high heat with a drizzle of olive oil. Cook pork mince, breaking up with a spoon, until just browned, 3-4 minutes.
- Reduce the heat to medium. Add garlic paste and cook until fragrant,
 1 minute.
- Return the veggies to the pan with the char siu mixture. Toss to combine and simmer until slightly thickened, 1-2 minutes.

Custom Recipe: If you've swapped to beef strips, discard any liquid from packaging. Heat the pan as above. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Return all beef strips to pan before adding the garlic paste. Continue with step.



Cook the veggies

- While the rice is cooking, thinly slice carrot into rounds. Roughly chop baby broccoli (see ingredients) and Asian greens.
- Heat a large frying pan over medium-high heat with a drizzle of olive oil.
 Cook carrot and baby broccoli with a splash of water, tossing, until tender,
 4-6 minutes. Add Asian greens and a good drizzle of soy sauce and cook, tossing, until wilted, 1 minute. Transfer to a bowl.



Serve up

- Divide rapid basmati rice between bowls. Top with char siu pork and veggie stir-fry.
- Sprinkle over crushed peanuts to serve. Enjoy!