



Quick Hoisin Beef & Pork Stir-Fry

with Veggies & Crispy Shallots

NEW

Grab your Meal Kit with this symbol



Carrot



Green Beans



Jasmine Rice



Beef & Pork Mince



Garlic Paste



Hoisin Sauce



Crispy Shallots



Pork Mince

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

Everyone loves a stir-fry so we've packed this one full of a bounty of flavours and hidden treasures. Juicy beef and pork mince has been partnered with hoisin sauce for a match made in heaven, along with stir-fried veggies and fluffy rice. Add a sprinkling of crispy shallots for extra crunch!

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

Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine), Sesame Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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
carrot	1	2
green beans	1 medium packet	2 medium packets
jasmine rice	1 medium packet	1 large packet
beef & pork mince	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 small packet	1 medium packet
hoisin sauce	1 medium packet	2 medium packets
soy sauce*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	½ tbs	1 tbs
sesame oil*	1 tsp	2 tsp
crispy shallots	½ large packet	1 large packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3279kJ (784Cal)	732kJ (175Cal)
Protein (g)	36.3g	8.1g
Fat, total (g)	29.2g	6.5g
- saturated (g)	9.9g	2.2g
Carbohydrate (g)	90.7g	20.3g
- sugars (g)	16.8g	3.8g
Sodium (mg)	1412mg	315mg
Dietary Fibre (g)	7.8g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3022kJ (722Cal)	675kJ (161Cal)
Protein (g)	33.9g	7.6g
Fat, total (g)	23.3g	5.2g
- saturated (g)	7.4g	1.7g
Carbohydrate (g)	90.7g	20.3g
- sugars (g)	16.8g	3.8g
Sodium (mg)	1427mg	319mg
Dietary fibre	7.8g	1.7g

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://www.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 | CW22



Cook the rapid rice

- Boil the kettle. Thinly slice **carrot** into half-moons.
- Trim and halve **green beans**.
- Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain and set aside.



Finish the stir fry

- Remove pan from heat, add **hoisin sauce**, the **soy sauce**, **vinegar** and **sesame oil** and stir until combined.



Start the stir fry

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **beef & pork mince**, breaking up with a spoon, until just browned, **2-3 minutes**.
- Add **carrot** and **green beans** and cook, until tender, **4-5 minutes**.
- Add **garlic paste** and cook, until fragrant, **1 minute**.

Custom Recipe: If you've swapped to pork mince, follow step as above.



Serve up

- Divide rapid rice between bowls.
- Top with hoisin beef and pork stir-fry.
- Garnish with **crispy shallots (see ingredients)** to serve. Enjoy!

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