

Asian Sweet-Soy Pork & Broccoli Stir-Fry

with Jasmine Rice & Spring Onion

Grab your meal kit with this number









Broccoli Florets





Spring Onion



Jasmine Rice



Seasoning



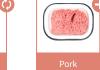


Sweet Chilli Sauce



Oyster Sauce





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

Pantry items Olive Oil, Soy Sauce, Sesame Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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	
refer to method	refer to method	
1 medium packet	1 large packet	
1	2	
1 stem	2 stems	
1 medium packet	1 large packet	
1 medium packet	2 medium packets OR 1 large packet	
2 medium packets	4 medium packets	
1 medium packet	1 large packet	
1 medium packet	1 large packet	
1 medium packet	1 large packet	
½ tbs	1 tbs	
½ tbs	1 tbs	
	refer to method 1 medium packet 1 1 stem 1 medium packet 1 medium packet 2 medium packets 1 medium packet 1 medium packet 1 medium packet 1 medium packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3124kJ (747Cal)	678kJ (162Cal)
Protein (g)	35.3g	7.7g
Fat, total (g)	24.4g	5.3g
- saturated (g)	7.8g	1.7g
Carbohydrate (g)	92.6g	20.1g
- sugars (g)	21.2g	4.6g
Sodium (mg)	2177mg	472mg
Dietary Fibre (g)	12.6g	2.7g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

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



Cook the rice

- 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.



Cook the stir-fry

- 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.



Serve up

- Divide jasmine rice between bowls.
- Top with Asian sweet-soy pork and veggie stir-fry.
- · Garnish with spring onion to serve. Enjoy!



