



Asian Sweet-Soy Pork & Broccoli Stir-Fry

with Jasmine Rice & Spring Onion

Grab your meal kit with this number

20



Broccoli Florets



Carrot



Spring Onion



Jasmine Rice



Pork Mince



Sweet Soy Seasoning



Garlic Paste



Sweet Chilli Sauce



Oyster Sauce



Beef Mince



Pork Mince

Recipe Update

We've replaced the crispy shallots in this recipe with spring onion due to local ingredient availability. 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 zing of the spring onion, because all these elements together help to make a stir-fry we simply adore.

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 |
|---------------------|------------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| broccoli florets | 1 medium packet | 1 large packet |
| carrot | 1 | 2 |
| spring onion | 1 stem | 2 stems |
| jasmine rice | 1 medium packet | 1 large packet |
| pork mince | 1 medium packet | 2 medium packets OR 1 large packet |
| sweet soy seasoning | 2 medium packets | 4 medium packets |
| garlic paste | 1 medium packet | 1 large packet |
| sweet chilli sauce | 1 medium packet | 1 large packet |
| oyster sauce | 1 medium packet | 1 large packet |
| soy sauce* | ½ tbs | 1 tbs |
| sesame oil* | ½ tbs | 1 tbs |

*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 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**.



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.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW28



CUSTOM OPTIONS



SWAP TO BEEF MINCE
Follow method above.



DOUBLE PORK MINCE
Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

