



# Sticky Ginger Pork & Veggie Stir-Fry

with Nutty Garlic Rice

KID FRIENDLY

Grab your meal kit  
with this number

26



Garlic Paste



Jasmine Rice



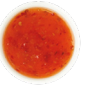
Crushed Peanuts



Lemon



Asian Stir-Fry  
Mix



Sweet Chilli  
Sauce



Oyster Sauce



Pork Mince



Ginger Paste



Chilli Flakes  
(Optional)



Peeled  
Prawns



Beef  
Mince

Prep in: 15-25 mins  
Ready in: 25-35 mins



A zap of ginger, a splash of oyster sauce and for the final ingredient in our flavour potion, a good dollop of sweet chilli sauce. Dip the pork into it and watch as a delicious dinner comes to life before your eyes. This pork and veggie stir-fry will be irresistible to anyone who takes a bite. Simply magical!

### Pantry items

Olive Oil, Butter, Soy Sauce

## 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 with lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	20g	40g
garlic paste	1 small packet	1 medium packet
<b>water*</b>	1¼ cup	2½ cups
jasmine rice	1 medium packet	1 large packet
crushed peanuts	1 medium packet	2 medium packets
lemon	½	1
Asian stir-fry mix	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
<b>soy sauce*</b>	½ tbs	1 tbs
pork mince	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
chilli flakes  (optional)	1 pinch	1 pinch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2554kJ (610Cal)	516kJ (123Cal)
Protein (g)	34g	6.9g
Fat, total (g)	30.7g	6.2g
- saturated (g)	12.9g	2.6g
Carbohydrate (g)	46.5g	9.4g
- sugars (g)	19.2g	3.9g
Sodium (mg)	1604mg	324mg
Dietary Fibre (g)	7.3g	1.5g

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://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 garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- 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, in a small bowl, combine **sweet chilli sauce**, **oyster sauce**, the **soy sauce**, a squeeze of **lemon juice** and a splash of **water**.

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



## Serve up

- Divide nutty garlic rice, sticky ginger pork and veggie stir-fry between bowls.
- Sprinkle over a pinch of **chilli flakes** (if using). Serve with any remaining lemon wedges. Enjoy!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.



#### SWAP TO BEEF 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.

