



Asian Sweet-Soy Pork & Broccoli Stir-Fry

with Jasmine Rice & Crispy Shallots

Grab your meal kit with this number

20



Broccoli Florets



Carrot



Jasmine Rice



Pork Mince



Sweet Soy Seasoning



Garlic Paste



Oyster Sauce



Crispy Shallots



Beef Mince



Pork Mince

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



Protein Rich



Calorie Smart

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 crunch of the crispy shallots, 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
jasmine rice	1 medium packet	1 large packet
pork mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
garlic paste	1 small packet	1 medium packet
oyster sauce	1 medium packet	1 large packet
soy sauce*	½ tbs	1 tbs
sesame oil*	½ tbs	1 tbs
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2352kJ (562cal)	255kJ (61cal)
Protein (g)	32.5g	3.5g
Fat, total (g)	24.7g	2.7g
- saturated (g)	7.9g	0.9g
Carbohydrate (g)	51.4g	5.6g
- sugars (g)	18.2g	2g
Sodium (mg)	1836mg	199mg
Dietary Fibre (g)	7.4g	0.8g

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.



Cook the stir-fry

- Meanwhile, 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 **oyster sauce**, the **soy sauce**, **sesame oil** and a splash of **water**, then 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 **crispy shallots** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



SWAP TO BEEF MINCE
Follow method above.



DOUBLE PORK MINCE
Follow method above, cooking in batches if necessary.

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

