

# Asian Sweet-Soy Pork & Broccoli Stir-Fry

with Jasmine Rice & Crispy Shallots

Grab your meal kit with this number









Broccoli Florets













Seasoning





**Oyster Sauce** 

Crispy Shallots







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

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

9			
	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	

<sup>\*</sup>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 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-fru

- 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.

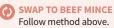


## Serve up

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









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

