

Homemade Pork & Veggie Spring Rolls

with Garlic Rice, Asian Veggies & Sweet Chilli Dipping Sauce

SKILL UP

Grab your meal kit with this number

41



Garlic



Jasmine Rice



Carrot



Onion



Pork Mince



Sweet Soy Seasoning



Filo Pastry



Sweet Chilli Sauce



Asian Greens



Diced Bacon



Beef Mince

Prep in: 25-35 mins
Ready in: 40-50 mins

Time to unleash your inner chef! Juicy pork and colourful veggies are wrapped in crispy magic, paired with fragrant garlic rice and fresh Asian greens flavoured with soy. Don't forget the sweet chilli dipping sauce—because every bite deserves a little zing!

Pantry items

Olive Oil, Butter, Sesame Oil, Vinegar (White Wine or Rice Wine), 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 a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1½ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
onion	½	1
pork mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
filo pastry	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
sweet chilli sauce	1 small packet	1 medium packet
vinegar* (white wine or rice wine)	1 tsp	2 tsp
Asian greens	1 packet	2 packets
soy sauce*	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3092kJ (542cal)	542kJ (95cal)
Protein (g)	34.7g	6.1g
Fat, total (g)	30.5g	5.4g
- saturated (g)	11.8g	2.1g
Carbohydrate (g)	80.6g	14.1g
- sugars (g)	12.5g	2.2g
Sodium (mg)	904mg	158.6mg
Dietary Fibre (g)	10.7g	1.9g

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.

1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** and a drizzle of **olive oil** over medium heat.
- Cook half the **garlic** until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** and 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**.

TIP: The rice will finish cooking in its own steam, so don't peek!

4



Make the dipping sauce

- While spring rolls are cooking, in a small microwave-safe bowl, combine the **sesame oil** and remaining **garlic** and microwave in **10 second** bursts, until fragrant.
- To garlic oil, add **sweet chilli sauce** and the **vinegar**. Stir to combine.

2



Make the pork filling

- Meanwhile, grate **carrot**.
- Finely chop **onion** (see ingredients).
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork mince**, breaking up with a spoon, until just browned, **2-3 minutes**.
- Add **carrot** and **onion** and cook, stirring, until tender, **2-3 minutes**.
- Add **sweet soy seasoning** and a splash of **water** and cook until fragrant, **1 minute**. Season to taste.

5



Cook the veggies

- Roughly chop **Asian greens**.
- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **Asian greens**, tossing, until just wilted, **2-3 minutes**.
- Remove pan from heat, then add the **soy sauce** and toss to combine.

3



Pan-fry the spring rolls

- Lay a **filo pastry sheet** on a dry surface. Spoon some **pork filling** along the edge of **filo sheet** and roll into a spring roll.
- Slice in half and transfer to a plate. Repeat with remaining **filo sheets** and **pork filling**.
- Wash and dry the frying pan, then return to medium-high heat with a generous drizzle of **olive oil**. Cook **spring rolls** in batches, folded-side down first, turning, until crispy and golden, **3-4 minutes**. Transfer to a paper towel-lined plate.

TIP: Add extra oil between batches if needed!

6



Finish & serve

- Divide garlic rice and Asian veggies between bowls.
- Serve with homemade pork and veggie spring rolls, sweet chilli dipping sauce and any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



CUSTOM OPTIONS

+ ADD DICED BACON

Cook with pork mince, breaking up with a spoon, 4-6 minutes. Follow method above.

↻ 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.

