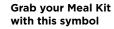
# **Asian Zesty Pork Stir-Fry**

with Garlic Rice & Crushed Peanuts











**Brown Onion** 

Carrot



Broccoli

**Asian Greens** 







Coriander

Lemon





Pork Loin Steaks

Sichuan Garlic Paste



**Crushed Peanuts** 



Is it time to lift your stir-fry game? With a few simple tricks – cooking the meat in batches, getting the veggies started before adding the sauce and adding flavour to the rice with garlic – you'll be a stir-fry superstar in no time!

Pantry items Olive Oil, Butter, Soy Sauce

# Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Medium saucepan with a lid · Large frying pan

### Ingredients

<b>-</b>		
	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
salt*	1/4 tsp	½ tsp
brown onion	1/2	1
carrot	1	2
broccoli	½ head	1 head
Asian greens	1 bunch	1 bunch
coriander	1 bunch	1 bunch
lemon	1/2	1
pork loin steaks	1 packet	1 packet
soy sauce*	4 tsp	2½ tbs
Sichuan garlic paste	1 packet (80g)	2 packets (160g)
water* (for the sauce)	1½ tsp	1 tbs
crushed peanuts	1 packet	2 packets

**<sup>★</sup>**Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	<b>3310kJ</b> (790Cal)	659kJ (157Cal)
Protein (g)	51.5g	10.3g
Fat, total (g)	25.4g	5.1g
- saturated (g)	7.9g	1.6g
Carbohydrate (g)	87.3g	17.4g
- sugars (g)	17.8g	3.6g
Sodium (mg)	1400mg	279mg

#### **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 the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water** (**for the rice**) and **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

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



## 2. Get prepped

While the rice is cooking, thinly slice the **brown onion** (see ingredients list). Thinly slice the carrot (unpeeled) into batons. Cut the **broccoli** (see ingredients list) into small florets, then roughly chop the stalk. Roughly chop the **Asian greens**. Roughly chop the **coriander**. Zest the **lemon** to get a **good pinch**, then slice into wedges. Cut the **pork loin steaks** into 1cm strips.



## 3. Cook the pork

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add **1/2** the **pork strips** and a **pinch** of **salt** and **pepper** and cook, tossing occasionally, until browned and cooked through, **2-3 minutes**. Transfer to a plate. Repeat with the **remaining pork strips**.



# 4. Cook the veggies

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **onion**, **carrot** and **broccoli** and cook until tender, **4-5 minutes**. Add the **Asian greens** and cook until just wilted, **2-3 minutes**. Add the **soy sauce** and cook, stirring, until combined, **1 minute**.



# 5. Make it saucy

Remove the pan from the heat and add the Sichuan garlic paste, lemon zest, a squeeze of lemon juice and water (for the sauce). Return the pork to the pan and toss to combine.



# 6. Serve up

Divide the garlic rice between plates and top with the Sichuan pork stir-fry. Sprinkle with the **crushed peanuts** and coriander. Serve with any remaining lemon wedges.

**Enjoy!**