

Char Siu Pork Belly & Sticky Courgette

with Ginger Rice & Peanuts

Grab your Meal Kit with this symbol



Courgette



Ginger Paste



Jasmine Rice



Garlic



Baby Broccoli



Green Beans



Mixed Sesame Seeds



Slow-Cooked Pork Belly



Char Siu Paste



Sichuan Garlic Paste






Fresh Chilli (Optional)



Crushed Peanuts

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

-  Hands-on: **30-40 mins**
-  Ready in: **35-45 mins**
-  Spicy (optional fresh chilli)

What's an instant way to bring bold, international flavours to pork? Add this sweet 'n' salty char siu paste to melt-in-your-mouth pork belly. Teamed with sticky courgette, plus an aromatic ginger rice, this meal will make your tastebuds sing!

Pantry items

Olive Oil, Butter, Soy Sauce, Rice Wine Vinegar, Honey

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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	2
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
garlic	2 cloves	4 cloves
baby broccoli	1 bag	2 bags
green beans	1 bag (100g)	1 bag (200g)
mixed sesame seeds	1 sachet	1 sachet
slow-cooked pork belly	1 packet	1 packet
char siu paste	1 packet	1 packet
Sichuan garlic paste	1 packet	2 packets
soy sauce*	1 tbs	2 tbs
rice wine vinegar*	½ tbs	1 tbs
honey*	½ tbs	1 tbs
fresh chilli (optional)	½	1
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4643kJ (1110Cal)	804kJ (192Cal)
Protein (g)	47.6g	8.2g
Fat, total (g)	50.1g	8.7g
- saturated (g)	17.1g	3g
Carbohydrate (g)	114.3g	19.8g
- sugars (g)	42.5g	7.4g
Sodium (mg)	2245mg	389mg

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.



Roast the courgette

Preheat oven to **240°C/220°C fan-forced**. Cut **courgette** into bite-sized chunks. Place **courgette** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, spread out evenly, then roast until golden, **15-20 minutes**.



Cook the char siu pork

Pat **slow-cooked pork belly** dry with paper towel, then cut **pork** into 2cm chunks. Wipe out the frying pan, then return to high heat. Cook **pork**, tossing, until golden, **8-10 minutes**. Remove pan from the heat. Add **char siu paste** and a splash of **water**, then turn **pork** to coat. Transfer glazed **pork** to a plate and cover with foil to rest.



Cook the ginger rice

While the courgette is roasting, heat the **butter** and a dash of **olive oil** in a medium saucepan over medium heat. Cook **ginger paste** until fragrant, **1-2 minutes**. Add the **water** and a 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 pan from the 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!



Cook the sticky courgette

In a small bowl, combine **Sichuan garlic paste**, the **soy sauce**, **rice wine vinegar**, the **honey** and a dash of **water**. Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **roasted courgette**, **Sichuan sauce mixture** and remaining **garlic** until slightly reduced and sticky, **2-3 minutes**.



Cook the garlicky greens

Meanwhile, finely chop **garlic**. Trim **baby broccoli** and halve lengthways. Trim **green beans**. Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** and **green beans** with a splash of **water** until softened, **4-5 minutes**. Add **mixed sesame seeds** and 1/2 the **garlic** and cook until fragrant, **1 minute**. Transfer **veggies** to a bowl, then season with **salt** and **pepper**. Cover to keep warm.



Serve up

Thinly slice **fresh chilli** (if using). Divide ginger rice between bowls. Top with char siu pork, sticky courgette and garlicky greens. Garnish with **crushed peanuts** and chilli to serve.

Enjoy!