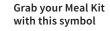


Chilli Jam Pork Stir-Fry

with Green Beans & Nutty Garlic Rice

KID FRIENDLY













Green Beans





Crushed Peanuts







Chilli Jam

Oyster Sauce





Pork Mince

Ginger Paste



Chilli Flakes (Optional)



Before you start

Wash your hands and any fresh food

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 the method	refer the method
garlic	4 cloves	8 cloves
lemon	1/2	1
green beans	1 bag (100g)	1 bag (200g)
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
crushed peanuts	1 medium packet	2 medium packets
Asian stir-fry mix	1 bag (300g)	1 bag (600g)
chilli jam	1 medium packet	1 large packet
oyster sauce	1 packet (45g)	1 packet (100g)
soy sauce*	½ tbs	1 tbs
pork mince	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
chilli flakes /	pinch	pinch

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3583kJ (856Cal)	560kJ (134Cal)
Protein (g)	53.6g	8.4g
Fat, total (g)	34.2g	5.3g
- saturated (g)	10.5g	1.6g
Carbohydrate (g)	82.9g	13g
- sugars (g)	21.1g	3.3g
Sodium (mg)	1424mg	222mg

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.



Make the garlic rice

- Finely chop garlic. Slice lemon into wedges. Trim green beans and cut into thirds.
- In a medium saucepan, heat the butter with a dash of olive oil over medium heat. Cook 1/2 the garlic until fragrant, 1-2 minutes. Add the water and a generous pinch of salt, then 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.
- When rice is done, stir through crushed peanuts.

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



Cook the pork

- Return frying pan to high heat with a drizzle of olive oil. Cook pork mince, breaking up with a spoon, until just browned, 2-3 minutes.
- Add **ginger paste** and remaining **garlic** and cook until fragrant, **1 minute**.
- Add chilli jam mixture and return veggies to the pan, tossing to combine,
 1 minute. Season to taste.



Cook the veggies

- While the rice is cooking, heat a large frying pan over high heat with a drizzle
 of olive oil. Cook Asian stir-fry mix and green beans until tender,
 4-5 minutes. Transfer to a medium bowl.
- Meanwhile, combine chilli jam, oyster sauce, the soy sauce, a squeeze of lemon juice and a splash of water in a small bowl.

Little cooks: Take charge by combining the ingredients for the chilli jam sauce!



Serve up

- Divide nutty garlic rice, chilli jam pork and veggie stir-fry between bowls.
- Sprinkle over a pinch of chilli flakes (if using) to serve. Enjoy!



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