



Chilli Jam Pork Stir-Fry

with Green Beans & Nutty Garlic Rice

KID FRIENDLY



Grab your Meal Kit with this symbol



Garlic



Lemon



Green Beans



Jasmine Rice



Crushed Peanuts



Asian Stir-Fry Mix



Chilli Jam



Oyster Sauce



Pork Mince



Ginger Paste



Chilli Flakes (Optional)

Prep in: **15-25** mins
Ready in: **25-35** mins

A zap of ginger, a splash of oyster sauce and for the final ingredient in our flavour potion, a good dollop of chilli jam. Dip the pork into it and watch as a delicious dinner comes to life before your eyes. This pork and veggie stir-fry will be irresistible to anyone who takes a bite. Simply magical!

Pantry items

Olive Oil, Butter, Soy Sauce

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	½	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 (optional)	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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



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1



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!

3



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.

2



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!

4



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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