



OYSTER PORK & VEGGIE STIR-FRY

with Crushed Peanuts



Make a stir-fry with oyster sauce



Jasmine Rice



Garlic



Red Onion



Carrot



Capsicum



Green Beans



Pork Loin Steaks



Oyster Sauce



Crushed Peanuts



Hands-on: **35 mins**
Ready in: **35 mins**

Whip up a tasty bowl of quick-cooking pork strips tossed with colourful veggies and an easy sauce packed with umami flavours. It's a takeaway standard made at home in a flash!

Pantry Staples: Olive Oil, Soy Sauce, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium saucepan** with a **lid** • **large frying pan** or **wok**



1 COOK THE JASMINE RICE

Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



2 GET PREPPED

Finely chop the **garlic** (or use a garlic press). Thinly slice the **red onion**. Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **capsicum** into 2cm chunks. Trim the **green beans**. Slice the **pork loin steaks** into 1cm strips. In a small bowl, combine the **oyster sauce**, **soy sauce**, **brown sugar** and **4 tsp** of **water**. Set aside.



3 COOK THE PORK

In a large frying pan or wok, heat a **drizzle** of **olive oil** over a high heat. Add **1/3** of the **pork** to the pan and season with **salt** and **pepper**. Cook until browned, **2-3 minutes**. Transfer to a large bowl and repeat with the **remaining pork**. **TIP:** *Cooking the pork strips in batches over a high heat prevents it stewing and ensures a tender result.*



4 COOK THE VEGGIES

Return the frying pan or wok to a medium-high heat with a **drizzle** of **olive oil**. Add the **onion**, **carrot**, **capsicum** and **green beans** and cook until just softened, **4-5 minutes**. Add the **garlic** and cook, tossing regularly, until fragrant, **1 minute**.



5 BRING IT ALL TOGETHER

Return the **pork** strips and **oyster sauce mixture** to the pan and cook, tossing, until well combined and the **pork** is cooked through, **1-2 minutes**.



6 SERVE UP

Divide the jasmine rice between bowls and top with the oyster pork stir-fry. Sprinkle the **crushed peanuts** over the adults' portions.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water* (for the rice)	3 cups
jasmine rice	2 packets
garlic	3 cloves
red onion	1
carrot	1
capsicum	2
green beans	1 bag (200g)
pork loin steaks	2 packets
oyster sauce	1 packet (100g)
soy sauce*	2½ tbs
brown sugar*	2 tbs
water* (for the sauce)	4 tsp
crushed peanuts	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2570kJ (614Cal)	530kJ (127Cal)
Protein (g)	40.6g	8.4g
Fat, total (g)	9.9g	2.0g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	88.7g	18.3g
- sugars (g)	22.9g	4.7g
Sodium (g)	2570mg	530mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

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2020 | WK07

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