

Pork & Mushroom Stir-Fry

with Garlic Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Courgette



Lemon



Ginger



Button Mushrooms



Pork Mince



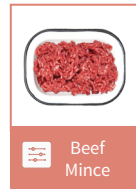
Thai Seven Spice Blend



Kecap Manis



Crispy Shallots



Beef Mince

Hands-on: 20-30 mins
Ready in: 30-40 mins

This dish is an irresistible combination of courgette, tasty pork and garlicky rice, with the feel-good factor of cooking a filling meal from scratch. The best part is the addition of aromatic ginger to make it super satisfying.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
courgette	1	2
lemon	½	1
ginger	1 knob	2 knobs
button mushrooms	1 punnet (150g)	1 punnet (250g)
pork mince	1 packet	1 packet
Thai seven spice blend	½ sachet	1 sachet
kecap manis	1 sachet (75g)	2 sachets (150g)
crispy shallots	1 packet	1 packet
beef mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3284kJ (784Cal)	759kJ (181Cal)
Protein (g)	33.8g	7.8g
Fat, total (g)	29.2g	6.8g
- saturated (g)	12.7g	2.9g
Carbohydrate (g)	95.1g	22g
- sugars (g)	27.4g	6.3g
Sodium (mg)	916mg	212mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2994kJ (715Cal)	692kJ (165Cal)
Protein (g)	36g	8.3g
Fat, total (g)	20.6g	4.8g
- saturated (g)	9.9g	2.3g
Carbohydrate (g)	95.1g	22g
- sugars (g)	27.4g	6.3g
Sodium (mg)	912mg	211mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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1 Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 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 **courgette** into half-moons. Zest the **lemon** to get a pinch, then slice into wedges. Finely grate the **ginger**. Thinly slice the **button mushrooms**.



3 Cook the pork

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **pork mince** and a pinch of **salt** and cook, breaking it up with a spoon, until browned and cooked through, **4-5 minutes**. Transfer to a bowl.



CUSTOM RECIPE

Heat pan as above. Cook the beef mince with a pinch of salt, breaking it up with a spoon, until browned and cooked through, 4-5 minutes. Transfer to a bowl.



4 Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **courgette** and **sliced mushrooms** until tender, **5-6 minutes**. Add the **ginger**, remaining **garlic** and the **Thai seven spice blend** (see ingredients) and cook until fragrant, **1 minute**.



5 Make it saucy

Return the pork to the frying pan and stir to coat. Add the **kecap manis**, **lemon zest**, a splash of **water** and a generous squeeze of **lemon juice** and stir to combine.



6 Serve up

Divide the garlic rice between bowls. Top with the pork and mushroom stir-fry. Garnish with the **crispy shallots** and serve with any remaining lemon wedges.

Enjoy!