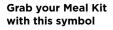
Sichuan Pork Stir-Fry

with Garlic Rice & Crispy Shallots























Lime

Broccoli





Chilli Flakes (Optional)

Steaks



Sichuan Garlic Paste



Crispy Shallots

Is it time to lift your stir-fry game? With a few simple tricks - cooking the meat in batches, getting the veggies started before adding the sauce and adding flavour to the rice with garlic – you'll be a stir-fry superstar in no time!

Olive Oil, Butter, Soy Sauce

Pantry items

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

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	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
salt*	1/4 tsp	½ tsp
jasmine rice	1 packet	2 packets
Asian greens	1 bunch	1 bunch
carrot	1	2
broccoli	½ head	1 head
lime	1/2	1
pork loin steaks	1 packet	1 packet
soy sauce*	2 tsp	4 tsp
chilli flakes (optional)	pinch	pinch
Sichuan garlic paste	1 packet (80g)	2 packets (160g)
water* (for the sauce)	1 tbs	2 tbs
crispy shallots	1 packet	2 packets
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^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3030kJ (724Cal)	648kJ (155Cal)
Protein (g)	45.7g	9.8g
Fat, total (g)	21.8g	4.7g
- saturated (g)	8.7g	1.9g
Carbohydrate (g)	82.5g	17.6g
- sugars (g)	16.0g	3.4g
Sodium (g)	1210mg	258mg

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.



1. Cook the garlic rice

Finely chop the garlic (or use a garlic press). In a medium saucepan, melt the butter with a dash of olive oil over a medium heat. Add the garlic and cook until fragrant, 1 minute. Add the water (for the rice) and the salt 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 the water is absorbed, 10-15 minutes.

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



2. Get prepped

While the rice is cooking, roughly chop the Asian greens. Thinly slice the carrot (unpeeled) into halfmoons. Cut the broccoli (see ingredients list) into small florets, then roughly chop the stalk. Slice the lime (see ingredients list) into wedges. Slice the pork loin steaks into 1cm strips.



3. Cook the pork

In a large frying pan, heat a drizzle of olive oil over a medium-high heat. When the oil is hot, add 1/2 the pork strips and a pinch of salt and pepper and cook, tossing occasionally, until browned and cooked through, **2-3 minutes**. Transfer to a plate. Repeat with the **remaining pork**.

TIP: Cooking the meat in batches over a high heat helps it stay tender.



4. Cook the veggies

Return the frying pan to a medium-high heat. Add the carrot, broccoli and a splash of water and cook, stirring, until softened, 5-6 minutes. Add the Asian greens and cook until softened, 1-2 minutes. Add the soy sauce and a pinch of chilli flakes (if using) and cook, stirring, until combined, 1 minute.



5. Bring it all together

Remove the pan from the heat and add the Sichuan garlic paste, water (for the sauce) and **pork**. Toss to combine and coat the pork in the sauce.



6. Serve up

Divide the garlic rice between bowls and top with the Sichuan pork stir-fry. Squeeze over the lime juice and sprinkle with the crispy shallots.

Enjoy!