



# Sichuan Pork Stir-Fry

with Garlic Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Asian Greens



Carrot



Broccoli



Lime



Pork Loin Steaks



Chilli Flakes (Optional)



Sichuan Garlic Paste



Crispy Shallots

Hands-on: **25-35** mins  
Ready in: **30-40** mins

Spicy (optional chilli flakes)

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!

*Unfortunately, this week's green beans were in short supply, so we've replaced them with broccoli. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Butter, Soy Sauce

## 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	2 cloves	4 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
Asian greens	1 bunch	1 bunch
carrot	1	2
broccoli	½ head	1 head
lime	½	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

\*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](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.



## 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!



## 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**.



## 2. Get prepped

While the rice is cooking, roughly chop the **Asian greens**. Thinly slice the **carrot** (unpeeled) into half-moons. 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.



## 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.



## 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.



## 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!**