



Sichuan Pork & Veggie Stir-Fry

with Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Asian Greens



Broccoli



Lime



Ginger



Coriander



Pork Mince



Sichuan Garlic Paste



Crispy Shallots

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

This bountiful bowl has "new favourite" written all over it! Our exceptionally tasty Sichuan garlic paste is the key ingredient, giving a delicious flavour kick to pork mince. With tender veggies and an aromatic bed of garlic rice, it's a winner from start to finish.

Unfortunately, this week's green beans were in short supply, so we've replaced them with broccolini. 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 wok or frying pan

Ingredients

	4 People
olive oil*	refer to method
garlic	4 cloves
butter*	40g
jasmine rice	2 packets
water* (for the rice)	2½ cups
salt*	½ tsp
carrot	2
Asian greens	1 bunch
broccolini	1 bunch
lime	1
ginger	1 knob
coriander	1 bunch
soy sauce*	2 tbs
pork mince	1 packet
Sichuan garlic paste	2 packets (160g)
water* (for the sauce)	2 tbs
crispy shallots	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2970kJ (709Cal)	700kJ (167Cal)
Protein (g)	34.2g	8.1g
Fat, total (g)	26.2g	6.2g
- saturated (g)	10.3g	2.4g
Carbohydrate (g)	80.7g	19.1g
- sugars (g)	15.3g	3.6g
Sodium (g)	1420mg	336mg

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, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove 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 pork

Return the wok or frying pan to a high heat with a **drizzle** of **olive oil**. Add the **pork mince** and cook, breaking up with a spoon, until browned, **3-5 minutes**. Remove the pan from the heat.



2. Get prepped

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Trim and halve the **broccolini**. Zest the **lime**, then slice into wedges. Grate the **ginger**. Roughly chop the **coriander**.



5. Flavour the pork

Return the **veggies** to the pan with the **pork**, then add the **Sichuan garlic paste**, **lime zest**, a **generous squeeze** of **lime juice** and the **water (for the sauce)**. Toss to combine.



3. Cook the veggies

In a large wok or frying pan, heat a **generous drizzle** of **olive oil** over a medium-high heat. Add the **carrot**, **broccolini** and a **splash** of **water** and cook, stirring, until just tender, **5-7 minutes**. Add the **ginger** and cook until fragrant, **1 minute**. Add the **soy sauce** and **Asian greens** and toss to combine until wilted, **1 minute**. Transfer to a bowl and cover to keep warm.



6. Serve up

Divide the garlic rice between plates and top with the Sichuan pork and veggie stir-fry. Garnish with the **crispy shallots** and coriander. Serve with the remaining lime wedges.

Enjoy!