



Quick Sticky Char Siu Pork & Veggie Stir-Fry

with Rapid Rice & Crispy Shallots

NEW

Grab your Meal Kit with this symbol



Garlic



Pork Loin Steaks



Basmati Rice



Asian Stir-Fry Mix



Char Siu Paste



Oyster Sauce



Crispy Shallots



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early*
*Custom Recipe only

It's the beloved char siu pork, also known as Chinese BBQ pork, typically prepared in a sweet BBQ sauce and this one is pretty close to just that. The sauce is deliciously fragrant and rich perfect, for pork and some stir-fried veggies on a bed of fluffy rice. If you're in the mood for a bit of crunch, sprinkle over crispy shallots.

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

Pantry items

Olive Oil, Butter, Plain Flour, Vinegar (White Wine or Rice Wine), Sesame Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
pork loin steaks	1 packet	1 packet
basmati rice	1 packet	1 packet
butter*	20g	40g
Asian stir-fry mix	1 bag (300g)	1 bag (600g)
plain flour*	1 tbs	2 tbs
char siu paste	1 packet (75g)	1 packet (150g)
oyster sauce	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	1 tsp	2 tsp
sesame oil*	1 tsp	2 tsp
crispy shallots	1 packet	1 packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3049kJ (729Cal)	659kJ (158Cal)
Protein (g)	43.7g	9.4g
Fat, total (g)	15g	3.2g
- saturated (g)	8.6g	1.9g
Carbohydrate (g)	99g	21.4g
- sugars (g)	28.7g	6.2g
Sodium (mg)	1983mg	429mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3111kJ (744Cal)	658kJ (157Cal)
Protein (g)	40.7g	8.6g
Fat, total (g)	18.1g	3.8g
- saturated (g)	9.4g	2g
Carbohydrate (g)	99g	20.9g
- sugars (g)	28.7g	6.1g
Sodium (mg)	2008mg	425mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW15



1



Make the rapid rice

- Boil the kettle. Finely chop **garlic**. Slice **pork loin steaks** into 1cm strips.
- Half-fill a medium saucepan with boiling water. Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**.
- Drain, return to saucepan with the **butter**. Stir to combine and cover to keep warm.

Custom Recipe: If you've swapped from pork loin steak to chicken breast, cut chicken breast into 2cm chunks.

3



Cook the pork

- In a medium bowl, combine **pork**, the **plain flour** and season with **pepper**.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **pork strips** in batches, tossing, until golden, **3-4 minutes**.
- Return all **pork strips** back to pan and remove from heat. Add **char siu paste**, **oyster sauce**, the **vinegar**, **sesame oil** and a splash of **water**.
- Return **veggies** to the pan with **pork** and toss to combine.

Custom Recipe: Combine chicken with plain flour in the same way as above. Return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Remove from heat and continue with step.

2



Cook the veggies

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **Asian stir-fry mix** until tender, **2-3 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.

4



Serve up

- Divide rapid rice between bowls.
- Top with sticky char siu pork and veggie stir-fry.
- Spoon over any remaining sauce and garnish with **crispy shallots** to serve. Enjoy!

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