

SWEET CHILLI PORK STIR-FRY

with Garlic Rice & Rainbow Veggies





Make a Thai-style stir-fry sauce



Garlic





Cansicu



n Green Beans



Courgette



Lemon



ork Loin



Sweet (

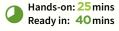


Oyster Sauce



Roasted Cashews

Pantry Staples: Olive Oil, Butter, Soy Sauce



Serve up a stir-fry loaded with all the good stuff! A colourful array of veggies and tender pork strips are tossed through a sweet and zesty Thai-style sauce for an easy dinner that packs a punch of flavour!

Each week, we search the country to source the best ingredients, with a focus on quality and variety. This week's snow peas were in short supply, so we've replaced them with green beans. Don't worry, the recipe will be just as delicious!

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• medium saucepan with a lid • large frying pan



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 and 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!



2 GET PREPPEDWhile the rice is cooking, thinly slice the capsicum. Trim the green beans and cut into 2cm pieces. Thinly slice the courgette into half-moons. Zest the lemon to get a good pinch, then slice into wedges. Slice the pork

loin steaks into 1cm strips.



MAKE THE SAUCE
In a small bowl, combine the sweet chilli sauce, oyster sauce, soy sauce, water (for the sauce), lemon zest and a good squeeze of lemon juice.



COOK THE VEGGIES

Heat a drizzle of olive oil in a large frying pan over a medium-high heat. Add the capsicum and courgette and cook until softened, 2-3 minutes. Add the green beans and cook until softened, 2 minutes. Set aside in a bowl and cover to keep warm.



5 COOK THE PORK
Return the frying pan to a high heat
with a **drizzle** of **olive oil**. When the oil is
hot, add the **pork** strips and cook, tossing
occasionally, until golden and cooked through, **2-3 minutes**. Reduce the heat to low and add
the **sauce mixture** and **roasted cashews** and
cook until thickened slightly, **1 minute**.



SERVE UPDivide the garlic rice between bowls and top with the rainbow veggies and sweet chilli pork. Spoon over any sauce remaining in the pan. Serve with the remaining lemon wedges.

ENJOY!

INGREDIENTS

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	4-5P
olive oil*	refer to method
garlic	4 cloves
butter*	40g
jasmine rice	2 packets
water* (for the rice)	2½ cups
salt*	½ tsp
capsicum	1
green beans	1 bag (200g)
courgette	1
lemon	1
pork loin steaks	2 packets
sweet chilli sauce	1 packet (100g)
oyster sauce	1 packet (100g)
soy sauce*	1 tsp
water* (for the sauce)	1 tbs
roasted cashews	2 packets

^{*}Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3030kJ (723Cal)	692kJ (165Cal)
Protein (g)	40.5g	9.3g
at, total (g)	21.7g	5.0g
saturated (g)	8.7g	2.0g
Carbohydrate (g)	89.1g	20.4g
sugars (g)	22.7g	5.2g
Sodium (g)	2540mg	580mg

For allergens and ingredient information, visit **HelloFresh.co.nz/recipes**

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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