



# SWEET CHILLI PORK STIR-FRY

with Garlic Rice & Rainbow Veggies



Make a Thai-style stir-fry sauce



Garlic



Jasmine Rice



Capsicum



Green Beans



Courgette



Lemon



Pork Loin Steaks



Sweet Chilli Sauce



Oyster Sauce



Roasted Cashews

Hands-on: 25 mins  
Ready in: 40 mins

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!*

**Pantry Staples:** Olive Oil, Butter, Soy Sauce

# BEFORE YOU START

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**



## 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** 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 PREPPED

While 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.



## 3 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**.



## 4 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**.



## 6 SERVE UP

Divide 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!

# 4-5 PEOPLE INGREDIENTS

|                        | 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           |
| Fat, 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](https://www.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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