



ASIAN-STYLE SICHUAN PORK

with Garlic Rice



Make Asian-style Sichuan pork!



Garlic



Basmati Rice



Pork Loin Steaks



Carrot



Green Beans



Asian Greens



Sesame Seeds



Sichuan Garlic Paste

Hands-on: 25 mins
Ready in: 30 mins

When this dish was brought to our test kitchen table, it disappeared in record time! With a delicious combination of green beans, Asian greens, toasted sesame seeds and pork with mild Sichuan garlic paste, it's sure to be a hit at your table too.

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**. Add **1/2** the **garlic** and cook until fragrant, **1 minute**. Add the **water** and **basmati rice**, stir, bring to the boil then cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



2 ADD FLAVOUR TO THE PORK

While the rice is cooking, slice the **pork loin steaks** into 1cm strips. Combine the **soy sauce**, the **remaining garlic**, a **splash of water** and the **pork** strips in a medium bowl. Mix well to combine.



3 PREP THE VEGGIES

Thinly slice the **carrot** (unpeeled) into half-moons. Trim and halve the **green beans**. Roughly chop the **Asian greens**.



4 COOK THE VEGGIES

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and cook until toasted, **3-4 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **carrot** and **green beans** and cook until softened, **4-5 minutes**. Add the **Asian greens** and a **splash of water** and cook until tender, **1 minute**. Season to taste with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.



5 COOK THE PORK

Return the frying pan to a high heat with a **drizzle of olive oil**. Add **1/3** of the **pork** and cook, tossing, until cooked through, **2-3 minutes**. Transfer to a medium bowl and repeat with the **remaining pork**.

TIP: Cooking the pork in batches over a high heat keeps it tender. Return the **pork** to the pan and remove from the heat. Add the **Sichuan garlic paste** and toss to coat.



6 SERVE UP

Divide the garlic rice, veggies and Sichuan pork between plates. Garnish the adults' portions with the toasted sesame seeds.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	4 cloves
butter*	40g
water*	3 cups
basmati rice	2 packets
pork loin steaks	2 packets
soy sauce*	4 tsp
carrot	1
green beans	1 bag (200g)
Asian greens	2 bunches
sesame seeds	1 packet
Sichuan garlic paste	1 packet (80g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2640kJ (631Cal)	666kJ (159Cal)
Protein (g)	45.0g	11.3g
Fat, total (g)	16.2g	4.1g
- saturated (g)	6.8g	1.7g
Carbohydrate (g)	72.0g	18.2g
- sugars (g)	8.9g	2.3g
Sodium (g)	626mg	158mg

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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