



Asian Zesty Pork Stir-Fry

with Garlic Rice & Crushed Peanuts

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Brown Onion



Carrot



Broccoli



Asian Greens



Coriander



Lemon



Pork Loin Steaks



Sichuan Garlic Paste



Crushed Peanuts

Hands-on: 20-30 mins
Ready in: 30-40 mins

Is it time to lift your stir-fry game? With a few simple tricks – cooking the meat in batches, getting the veggies started before adding the sauce and adding flavour to the rice with garlic – you'll be a stir-fry superstar in no time!

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 frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
brown onion	½	1
carrot	1	2
broccoli	½ head	1 head
Asian greens	1 bunch	1 bunch
coriander	1 bunch	1 bunch
lemon	½	1
pork loin steaks	1 packet	1 packet
soy sauce*	4 tsp	2½ tbs
Sichuan garlic paste	1 packet (80g)	2 packets (160g)
water* (for the sauce)	1½ tsp	1 tbs
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3310kJ (790Cal)	659kJ (157Cal)
Protein (g)	51.5g	10.3g
Fat, total (g)	25.4g	5.1g
- saturated (g)	7.9g	1.6g
Carbohydrate (g)	87.3g	17.4g
- sugars (g)	17.8g	3.6g
Sodium (mg)	1400mg	279mg

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 **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!



2. Get prepped

While the rice is cooking, thinly slice the **brown onion** (see ingredients list). Thinly slice the **carrot** (unpeeled) into batons. Cut the **broccoli** (see ingredients list) into small florets, then roughly chop the stalk. Roughly chop the **Asian greens**. Roughly chop the **coriander**. Zest the **lemon** to get a **good pinch**, then slice into wedges. Cut the **pork loin steaks** into 1cm strips.



3. Cook the pork

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add **1/2** the **pork strips** and a **pinch** of **salt** and **pepper** and cook, tossing occasionally, until browned and cooked through, **2-3 minutes**. Transfer to a plate. Repeat with the **remaining pork strips**.



4. Cook the veggies

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **onion**, **carrot** and **broccoli** and cook until tender, **4-5 minutes**. Add the **Asian greens** and cook until just wilted, **2-3 minutes**. Add the **soy sauce** and cook, stirring, until combined, **1 minute**.



5. Make it saucy

Remove the pan from the heat and add the **Sichuan garlic paste**, **lemon zest**, a **squeeze** of **lemon juice** and **water (for the sauce)**. Return the **pork** to the pan and toss to combine.



6. Serve up

Divide the garlic rice between plates and top with the Sichuan pork stir-fry. Sprinkle with the **crushed peanuts** and coriander. Serve with any remaining lemon wedges.

Enjoy!