

# Chinese Pork & Garlic-Ginger Rice Bowl

with Peanuts & Fried Egg

Grab your Meal Kit with this symbol



Ginger



Garlic



Jasmine Rice



Red Onion



Broccolini



Asian Greens



Lemon



Roasted Peanuts



Pork Mince



Sichuan Garlic Paste



Chilli Flakes (Optional)

 Hands-on: **25-35 mins**  
Ready in: **30-40 mins**

 Spicy (optional chilli flakes)

This bountiful bowl has "new favourite" written all over it! Our exceptionally tasty Sichuan garlic paste is the key ingredient, giving a delicious flavour kick to the pork mince. With tender greens, an aromatic bed of ginger-garlic rice and a fried egg to top things off, it's a winner from start to finish.

### Pantry items

Olive Oil, Butter, Honey, Rice Wine Vinegar, Soy Sauce, Eggs

## 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	3 cloves	6 cloves
ginger	1 knob	2 knobs
butter*	20g	40g
jasmine rice	1 packet	1 packet
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
red onion	1 (medium)	1 (large)
broccolini	1 bunch	2 bunches
Asian greens	1 packet	1 packet
lemon	½	1
roasted peanuts	1 packet	2 packets
pork mince	1 packet	1 packet
Sichuan garlic paste	1 packet (80g)	2 packets (160g)
honey*	½ tbs	1 tbs
rice wine vinegar*	½ tbs	1 tbs
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	1 tbs	2 tbs
eggs*	2	4
chilli flakes (optional)	pinch	pinch

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	4147kJ (991Cal)	651kJ (155Cal)
Protein (g)	48.9g	7.7g
Fat, total (g)	45.1g	7.1g
- saturated (g)	14.1g	2.2g
Carbohydrate (g)	93.1g	14.6g
- sugars (g)	23.1g	3.6g
Sodium (mg)	1444mg	227mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1 Make the garlic-ginger rice

Finely grate the **garlic** and **ginger**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Cook the **ginger** and 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **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!



## 4 Cook the pork

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **pork mince**, breaking it up with a spoon, until browned, **3-4 minutes**. Season with **salt** and **pepper**, then stir through the **Sichuan garlic paste**, **honey**, **rice wine vinegar**, **soy sauce** and **water (for the sauce)**. Remove from heat, then return the **veggies** to the pan and stir until combined and warmed through. Transfer the **pork** and **veggies** back to the medium bowl.



## 2 Get prepped

While the rice is cooking, thinly slice the **red onion**. Cut the **broccolini** into 2cm pieces. Roughly chop the **Asian greens**. Zest the **lemon** to get a pinch, then slice into wedges. Roughly chop the **roasted peanuts**.



## 5 Fry the eggs

Wipe out the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Crack in the **eggs** and fry until the yolk is cooked to your liking, **4-5 minutes**.

**TIP:** This will give a soft yolk, fry for 6-7 minutes to get a hard yolk.



## 3 Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **onion** and **broccolini** with a dash of **water**, stirring, until softened, **5-6 minutes**. Add the **Asian greens**, **lemon zest** and remaining **garlic** and stir through until wilted, **1-2 minutes**. Season with **salt** and **pepper**, then transfer to a medium bowl.



## 6 Serve up

Divide the garlic-ginger rice between bowls. Top with the Chinese pork, veggies and a fried egg. Sprinkle over the roasted peanuts and a pinch of **chilli flakes** (if using). Serve with the lemon wedges.

**Enjoy!**