

# Chinese Pork & Garlic-Ginger Rice Bowl

with Peanuts & Fried Egg

Grab your Meal Kit with this symbol



Garlic



Ginger



Jasmine Rice



Red Onion



Baby Broccoli



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)
baby broccoli	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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4137kJ (989Cal)	651kJ (156Cal)
Protein (g)	48.7g	7.7g
Fat, total (g)	45.2g	7.1g
- saturated (g)	14.2g	2.2g
Carbohydrate (g)	92.7g	14.6g
- sugars (g)	22.3g	3.5g
Sodium (mg)	1333mg	210mg

The quantities provided above are averages only.

## 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, 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 heated through. Transfer the **Sichuan pork** and **veggies** back to the medium bowl.



## 2 Get prepped

While the rice is cooking, thinly slice the **red onion**. Trim the **baby broccoli** and cut into bite-sized pieces. Roughly chop the **Asian greens**. Zest the **lemon** to get a pinch, then slice into wedges. Roughly chop the **roasted peanuts**.



## 5 Pan-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 **baby broccoli** 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!