



Satay Pork Bowl & Asian Soy Veggies

with Jasmine Rice & Roasted Peanuts

Grab your Meal Kit with this symbol



Jasmine Rice



Ginger



Garlic



Green Beans



Asian Greens



Carrot



Brown Onion



Lime



Mint



Pork Mince



Peanut Butter



Long Red Chilli (Optional)



Roasted Peanuts

- Hands-on: **30-40 mins**
- Ready in: **35-45 mins**
- Spicy (optional long red chilli)

Pork and veggies over rice is a tried-and-true Asian-inspired favourite. But to get it just right, you have to hone in on the sauce, which can make or break the dish. Luckily, we've got a good one: we're blending creamy peanut butter with garlic, ginger and soy sauce, then drizzling it all over to create waves of savoury flavour throughout.

Pantry items

Olive Oil, Soy Sauce, Honey, Rice Wine Vinegar

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
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
ginger	1 knob	2 knobs
garlic	3 cloves	6 cloves
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 packet	1 packet
carrot	1	2
brown onion	1 (medium)	1 (large)
lime	½	1
mint	1 bunch	1 bunch
soy sauce* (for the veggies)	½ tbs	1 tbs
pork mince	1 packet	1 packet
peanut butter	1 sachet	2 sachets
boiling water*	⅓ cup	⅔ cup
soy sauce* (for the sauce)	1½ tbs	3 tbs
honey*	½ tbs	1 tbs
rice wine vinegar*	1 tsp	2 tsp
long red chilli (optional)	½	1
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3489kJ (833Cal)	593kJ (141Cal)
Protein (g)	42.2g	7.2g
Fat, total (g)	33.2g	5.6g
- saturated (g)	7.7g	1.3g
Carbohydrate (g)	87.9g	14.9g
- sugars (g)	12.6g	2.1g
Sodium (mg)	1062mg	180mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

In a medium saucepan, bring the **water** to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



Cook the pork

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring occasionally, until softened, **4-5 minutes**. Add the **pork mince** and cook, breaking it up with a spoon, until browned, **4-5 minutes**.



Get prepped

While the rice is cooking, boil a kettle of water. Finely grate the **ginger** and **garlic**. Trim and halve the **green beans**. Roughly chop the **Asian greens**. Thinly slice the **carrot** into half-moons. Finely chop the **brown onion**. Zest the **lime** to get a pinch, then slice into wedges. Pick and thinly slice the **mint** leaves.



Make it saucy

While the pork is cooking, combine the **peanut butter** and **boiling water** (see ingredients) in a medium bowl. Add the **ginger**, **soy sauce (for the sauce)**, **honey**, remaining **garlic** and a good squeeze of **lime juice**. Stir to combine. When the **pork** is cooked, add the **satay sauce** to the pan and simmer until slightly thickened, **1-2 minutes**. Remove from the heat, then stir in the **lime zest**, **rice wine vinegar** and **mint**.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **green beans** with a splash of **water**, tossing, until just softened, **4-5 minutes**. Add the **Asian greens** and 1/2 the **garlic** and cook, tossing, until fragrant, **2 minutes**. Add the **soy sauce (for the veggies)**, then toss to combine and transfer to a bowl. Cover to keep warm.



Serve up

Thinly slice the **long red chilli** (if using). Divide the jasmine rice between bowls. Top with the soy veggies and satay pork. Sprinkle over the **roasted peanuts** and chilli. Serve with any remaining lime wedges.

Enjoy!