



Sichuan Pork & Veggies

with Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Asian Greens



Pork Loin Steaks



Sichuan Garlic Paste



Ginger Paste



Herbs



Fresh Chilli (Optional)

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: **20-30 mins**
- Ready in: **30-40 mins**
- Spicy (optional fresh chilli)

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

Pantry items

Olive Oil, Butter, Honey, Rice Wine Vinegar, 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	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	3 cups	6 cups
carrot	1	2
Asian greens	1 bag	2 bags
pork loin steaks	1 packet	1 packet
Sichuan garlic paste	1 packet	2 packets
honey*	½ tbs	1 tbs
rice wine vinegar*	½ tbs	1 tbs
soy sauce*	1 tsp	2 tsp
ginger paste	1 medium packet	1 large packet
herbs	2 stems	4 stems
fresh chilli (optional)	½	1

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2900kJ (693Cal)	622kJ (149Cal)
Protein (g)	45.2g	9.7g
Fat, total (g)	16.2g	3.5g
- saturated (g)	6.9g	1.5g
Carbohydrate (g)	90.2g	19.3g
- sugars (g)	21.3g	4.6g
Sodium (mg)	908mg	195mg

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 garlic rice

Finely chop the **garlic**. In a medium saucepan, heat the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, the **water** and a pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.

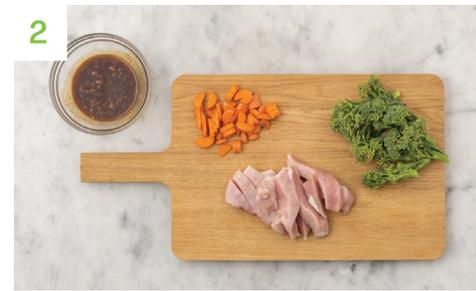
TIP: The rice will finish cooking in its own steam so don't peek!



Cook the pork

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **pork**, tossing, until browned and cooked through, **2-3 minutes**. Transfer to a bowl.

TIP: If your pan is getting crowded, cook in batches for the best results!



Get prepped

While the rice is cooking, thinly slice the **carrot** into half-moons. Roughly chop the **Asian greens**. Slice the **pork loin steaks** into 1cm strips. In a small bowl, combine the **Sichuan garlic paste**, the **honey**, **rice wine vinegar**, the **soy sauce** and a splash of **water**.



Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** until tender, **4-5 minutes**. Add the **Asian greens** and cook until softened, **1-2 minutes**. Remove from the heat, then return the **pork strips** to the pan along with the **Sichuan sauce mixture**. Toss to combine.



Flavour the pork

In a medium bowl, combine the **ginger paste**, remaining **garlic** and a drizzle of **olive oil**. Add the **pork strips**, season with **salt** and **pepper** and toss to coat.



Serve up

Thinly slice the **herbs** and **fresh chilli** (if using). Divide the garlic rice between bowls. Top with the Sichuan pork and veggies. Garnish with the herbs and chilli to serve.

Enjoy!