

Sweet Chilli Pork Stir-Fry

with Garlic Rice, Rainbow Veggies & Peanuts

Grab your Meal Kit
with this symbol



Garlic



Basmati Rice



Capsicum



Snow Peas



Carrot



Lime



Sweet Chilli
Sauce



Oyster Sauce



Pork Strips



Crushed Peanuts

 Hands-on: **25-35 mins**
Ready in: **40-50 mins**

Serve up a stir-fry loaded with all the good stuff! A colourful array of veggies and tender pork strips are tossed through a sweet and zesty Thai-style sauce for an easy dinner that tastes so much better than takeaway!

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

Large 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
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
capsicum	1	2
snow peas	1 bag (100g)	1 bag (200g)
carrot	1	2
lime	½	1
sweet chilli sauce	1 packet (50g)	1 packet (100g)
oyster sauce	1 sachet (50g)	1 sachet (100g)
soy sauce*	½ tsp	1 tsp
water* (for the sauce)	2 tsp	1 tbs
pork strips	1 packet	1 packet
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3199kJ (764Cal)	541kJ (129Cal)
Protein (g)	42.8g	7.2g
Fat, total (g)	22.2g	3.8g
- saturated (g)	8.9g	1.5g
Carbohydrate (g)	93.8g	15.9g
- sugars (g)	28.6g	4.8g
Sodium (mg)	2519mg	426mg

Allergens

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

Visit hellofresh.com.au/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 large 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 **basmati rice**, **water (for the rice)** and the **salt**, stir, and 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** is absorbed, **10 minutes**.

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



Cook the veggies

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **capsicum** and **carrot** and cook for **2-3 minutes**. Add the **snow peas** and cook, **2 minutes**. Transfer to a bowl.



Get prepped

While the rice is cooking, thinly slice the **capsicum**. Trim the **snow peas** and chop into 2cm pieces. Thinly slice the **carrot** (unpeeled) into half moons. Zest the **lime** to get a good pinch, then slice into wedges.



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 strips**, tossing occasionally, until golden and cooked through, **2-3 minutes**. Reduce the heat to low, then add the **sauce** and **crushed peanuts**. Cook until thickened slightly, **1 minute**.



Make the sauce

In a small bowl, combine the **sweet chilli sauce**, **oyster sauce**, **soy sauce**, **water (for the sauce)**, **lime zest** and a good squeeze of **lime juice**.



Serve up

Divide the garlic rice between bowls and top with the rainbow veggies and sweet chilli pork stir-fry. Spoon over any sauce from the pan. Serve with any remaining lime wedges.

Enjoy!