

# Sweet Chilli Pork Stir-Fry

with Veggies & Peanut Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Zucchini



Asian Greens



Red Onion



Mint



Oyster Sauce



Sweet Chilli Sauce



Ginger Paste



Pork Mince



Crushed Peanuts

**Recipe Update**

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and 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: **25-35 mins**  
Ready in: **30-40 mins**

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

**Pantry items**

Olive Oil, Butter, 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	2 cloves	4 cloves
butter*	20g	40g
water* (for the rice)	1 ¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
zucchini	1	2
Asian greens	1 bunch	2 bunches
red onion	½	1
mint	1 bag	1 bag
rice wine vinegar*	¼ cup	½ cup
oyster sauce	1 packet (50g)	1 packet (100g)
sweet chilli sauce	1 packet (50g)	1 packet (100g)
soy sauce*	2 tsp	1 tbs
water* (for the sauce)	3 tbs	½ cup
ginger paste	1 medium packet	1 large packet
pork mince	1 small packet	1 medium packet
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3426kJ (819Cal)	570kJ (136Cal)
Protein (g)	37g	6.2g
Fat, total (g)	28.3g	4.7g
- saturated (g)	11.5g	1.9g
Carbohydrate (g)	97g	16.1g
- sugars (g)	30.1g	5g
Sodium (mg)	1858mg	309mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://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 rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and a generous pinch of **salt**. Bring to the boil, then add the **jasmine rice**. Stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove from the heat. 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 veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Stir-fry the **carrot** and **zucchini** until tender, **3-4 minutes**. Add the **Asian greens** and **ginger paste** and cook until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.



## Get prepped

While the rice is cooking, thinly slice the **carrot** and **zucchini** into half-moons. Roughly chop the **Asian greens**. Thinly slice the **red onion** (see ingredients). Pick and thinly slice the **mint** leaves. In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add it to the **pickling liquid**. Add enough **water** to just cover the **onion**. Set aside.



## Cook the pork

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **pork mince**, breaking it up with a spoon, until just browned, **4-5 minutes**. Remove the pan from the heat. Return the **veggies** to the pan, then add the **sweet chilli mixture**, tossing to combine.



## Make the sauce

In a medium bowl, combine the **oyster sauce**, **sweet chilli sauce**, **soy sauce** and the **water (for the sauce)**. Set aside.



## Serve up

Stir the **crushed peanuts** through the rice. Drain the pickled onion. Divide the peanut rice between bowls. Top with the sweet chilli pork stir-fry. Garnish with some pickled onion and the mint to serve.

Enjoy!

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