

# Thai Sweet Chilli Pork Bowl

with Peanut Rice & Sautéed Veggies

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Capsicum



Carrot



Snow Peas



Lemon



Oyster Sauce



Sweet Chilli Sauce



Pork Mince



Mint



Crushed Peanuts

 Hands-on: **15-25 mins**  
Ready in: **25-35 mins**

It's a good thing this Thai dish is quick and easy to make, because it smells so amazing as it cooks that it's tempting to eat it straight from the pan! But it's worth the wait, especially for the sweet chilli glaze which has got to be the tastiest sauce around.

### Pantry items

Olive Oil, 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
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
garlic	2 cloves	4 cloves
capsicum	1	2
carrot	1	2
snow peas	1 bag (100g)	1 bag (200g)
lemon	½	1
oyster sauce	1 packet (45g)	1 packet (100g)
sweet chilli sauce	2 packets (50g)	1 packet (100g)
soy sauce*	1 tsp	2 tsp
water* (for the sauce)	1 tbs	2 tbs
pork mince	1 packet	1 packet
mint	1 bunch	1 bunch
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3068kJ (733Cal)	551kJ (131Cal)
Protein (g)	38.8g	7g
Fat, total (g)	21.2g	3.8g
- saturated (g)	6g	1.1g
Carbohydrate (g)	92.3g	16.6g
- sugars (g)	22.3g	4g
Sodium (mg)	1102mg	198mg

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.



## Cook the rice

In a medium saucepan, add the **water (for the rice)** and bring 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!



## Make the sweet chilli glaze

While the veggies are cooking, combine the **oyster sauce**, **sweet chilli sauce**, **soy sauce**, **water (for the sauce)**, the **lemon zest** and a generous squeeze of **lemon juice** in a medium bowl. Set aside.



## Get prepped

While the rice is cooking, finely chop the **garlic**. Cut the **capsicum** into 2cm chunks. Thinly slice the **carrot** into half-moons. Trim the **snow peas**. Zest the **lemon** to get a pinch, then slice into wedges.



## Cook the pork

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **pork mince**, breaking it up with a spoon, until just browned, **4-5 minutes**. Add the **veggies** and **sweet chilli glaze** to the **pork**, then stir until heated through and slightly reduced, **1-2 minutes**.



## Cook the veggies

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **capsicum** and **carrot** until tender, **4-5 minutes**. Add the **snow peas** and **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a plate and set aside.



## Serve up

Pick and thinly slice the **mint** leaves. Add the **crushed peanuts** to the rice and stir to combine. Divide the peanut rice between bowls and top with the Thai sweet chilli pork. Garnish with the mint and serve with any remaining lemon wedges.

Enjoy!