



Asian Pork & Veggie Fried Rice

with Sesame Crusted Egg

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Basmati Rice



Capsicum



Zucchini



Green Beans



Oyster Sauce



Soy Sauce Mix



Pork Mince



Garlic Paste



Asian BBQ Seasoning



Mixed Sesame Seeds



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

This takeaway fave is truly the talk of the town as you'll get all of the much-loved veggie fried rice flavours in a meal that is whipped up in the comfort of your home. Topped off with a perfect fried egg and you'll be experiencing sweet, savoury and salty flavours all in one go!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Eggs

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
capsicum	1	2
zucchini	1	2
green beans	1 small bag	1 medium bag
oyster sauce	1 medium packet	1 large packet
soy sauce mix	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
pork mince	1 small packet	2 small packets OR 1 large packet
garlic paste	1 packet	2 packets
Asian BBQ seasoning	1 medium sachet	2 medium sachets
mixed sesame seeds	1 medium packet	1 large packet
eggs*	2	4
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3142kJ (751Cal)	538kJ (129Cal)
Protein (g)	45.1g	7.7g
Fat, total (g)	24.8g	4.2g
- saturated (g)	7.2g	1.2g
Carbohydrate (g)	83.9g	14.4g
- sugars (g)	19.4g	3.3g
Sodium (mg)	2625mg	449mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3167kJ (757Cal)	542kJ (130Cal)
Protein (g)	48.5g	8.3g
Fat, total (g)	23.8g	4.1g
- saturated (g)	7.6g	1.3g
Carbohydrate (g)	83.9g	14.4g
- sugars (g)	19.4g	3.3g
Sodium (mg)	2627mg	450mg

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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain.



Bring it all together

- To frying pan, add cooked **rice, veggies** and **oyster sauce mixture**, tossing until well combined, **1 minute**.
- Divide between serving bowls and cover to keep warm.



Get prepped

- Meanwhile, cut **capsicum** into bite-sized chunks.
- Thinly slice **zucchini** into half-moons.
- Trim and roughly chop **green beans**.
- In a small bowl, combine **oyster sauce, soy sauce mix** and the **brown sugar**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **capsicum, zucchini** and **green beans**, tossing, until tender, **5-6 minutes**. Transfer to a bowl.



Fry the eggs

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, sprinkle over **mixed sesame seeds** then crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to liking, **4-5 minutes**.



Cook the pork

- Return frying pan to high heat with a drizzle of **olive oil**.
- Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium then add **garlic paste** and **Asian BBQ seasoning** and cook, until fragrant, **1 minute**.

Custom Recipe: If you've swapped to beef mince, cook beef mince, as above. Drain oil from pan before adding the paste and seasoning for best results.



Serve up

- Top Asian pork and veggie fried rice with sesame fried egg to serve. Enjoy!

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