

Asian Pork & Green Veg Fried Rice

with Sesame Crusted Egg

TAKEAWAY FAVES





Green Veg

Mix

Soy Sauce

Mix



Pantry items Olive Oil, Brown Sugar, Eggs

Prep in: 20-30 mins Ready in: 25-35 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, you'll be experiencing sweet, savoury and salty flavours all in one go!

Garlic Paste

Mixed Sesame

Seeds



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 with a lid \cdot Large frying pan

Ingredients

<u> </u>		
	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
green veg mix	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
soy sauce mix	1 sachet	2 sachets
brown sugar*	1 tsp	2 tsp
pork mince	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 packet	2 packets
Asian BBQ seasoning	1 sachet	2 sachets
mixed sesame seeds	1 medium sachet	1 large sachet
eggs*	2	4
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3227kJ (771Cal)	681kJ (163Cal)
Protein (g)	44.5g	9.4g
Fat, total (g)	29.6g	6.2g
- saturated (g)	8.2g	1.7g
Carbohydrate (g)	79.2g	16.7g
- sugars (g)	12.9g	2.7g
Sodium (mg)	2633mg	555mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3254kJ (778Cal)	686kJ (164Cal)
Protein (g)	48g	10.1g
Fat, total (g)	28.6g	6g
- saturated (g)	8.7g	1.8g
Carbohydrate (g)	79.2g	16.7g
- sugars (g)	12.9g	2.7g
Sodium (mg)	2633mg	555mg

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** 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 2024 | CW12

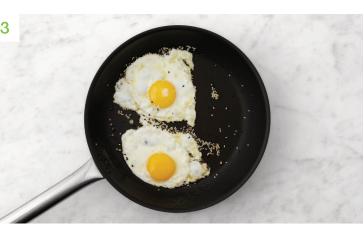




Cook the rice & veggies

- In a medium saucepan, add the **water** and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from heat and keep covered until rice is tender and the water has absorbed, **10 minutes**.
- Meanwhile, in a large frying pan, heat a drizzle of olive oil over high heat.
 Cook green veg mix, tossing, until tender, 6-7 minutes. Transfer to a bowl.

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



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 your liking, 4-5 minutes.



Make the fried rice

- Meanwhile, in a small bowl, combine **oyster sauce**, **soy sauce mix** and the **brown sugar**.
- 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.
- Add cooked rice, veggies and oyster sauce mixture, tossing until well combined, 1 minute.
- Divide between serving bowls and cover to keep warm.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as pork mince. Drain oil from pan before adding the flavourings.



Serve up

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

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