



Taiwanese-Style Pork & Quick Prep Veg Bowl

with Rapid Rice & Crushed Peanuts

15-MINUTE MEALS

Grab your meal kit with this number

45



Lime



Asian Stir-Fry Mix



Garlic Paste



Pork Mince



Asian BBQ Seasoning



Umami Paste



Sweet Chilli Sauce



Microwavable Basmati Rice



Crushed Peanuts



Pork Mince



Beef Strips

Prep in: 15-25 mins
Ready in: 15-25 mins

Protein Rich

This Taiwanese fusion dish brings all your favourite flavours together in the one bowl. When you add umami paste, Asian BBQ seasoning and sweet chilli sauce to tender pork, mushrooms and veggies, you'll have flavour hidden in every bite.

Before you start

All ingredients are portioned according to plan size.

Wash hands and fresh veggies.

Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

You will need

Large frying pan

Ingredients

	2P	3P	4P	5P	6P
olive oil*					
lime	½	1	1	1½	1½
Asian stir-fry mix (packet(s))	1	2	2	3	3
garlic paste (packet(s))	½	1	1	1½	1½
pork mince (grams)	250g	375g	500g	625g	750g
Asian BBQ seasoning (sachet(s))	1	1	2	2	3
umami paste (packet(s))	1	2	2	3	3
sweet chilli sauce (packet(s))	1	1	1	2	2
soy sauce* (tbsp(s))	1	2	2	3	3
water* (tbsp(s))	2	4	4	6	6
microwavable basmati rice (packet(s))	1	2	2	3	3
crushed peanuts (packet(s))	1	1	1	2	2

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2670kJ (639Cal)	517kJ (124Cal)
Protein (g)	35.6g	6.9g
Fat, total (g)	28.1g	5.4g
- saturated (g)	7.1g	1.4g
Carbohydrate (g)	57.2g	11.1g
- sugars (g)	15.4g	3g
Sodium (mg)	1520mg	295mg
Dietary Fibre (g)	4g	0.8g

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



1



Cook the veggies

- Slice **lime** into wedges.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **Asian stir-fry mix** until tender, **4-5 minutes**.
- Add **garlic paste** (see ingredients) and cook until fragrant, **1 minute**. Transfer to a bowl.

3



Heat the rice

- Microwave **basmati rice** until steaming, **2-3 minutes**.

2



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**.
- Add **Asian BBQ seasoning** and cook until fragrant, **1 minute**.
- Return **cooked veggies**, then add **umami paste**, **sweet chilli sauce**, the **soy sauce**, **water** and a good squeeze of **lime juice**, tossing, until combined, **1 minute**. Season to taste with **salt** and **pepper**.

4



Finish & serve

- Divide rapid rice between bowls.
- Top with Taiwanese-style pork and veggies.
- Sprinkle with **crushed peanuts** and serve with any remaining lime wedges. Enjoy!

CUSTOM OPTIONS



PORK MINCE:

Follow method above, cooking in batches if necessary.



BEEF STRIPS:

Cook in batches, tossing, until browned and cooked through, 1-2 minutes. Return all beef to pan and continue with recipe.

SCAN CODE FOR
FULL STEPS AND
NUTRITION INFO

