

Pork & Oyster Sauce Stir-Fry with Crushed Peanuts

















Carrot





Green Beans

Capsicum



Oyster Sauce



Pork Strips



Crushed Peanuts

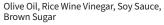


Hands-on: 25-35 mins Ready in: 30-40 mins



Whip up a tasty bowl of quick-cooking pork strips tossed with colourful veggies and an easy sauce packed with umami flavours. It's a takeaway standard made at home in a flash!





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	2½cups
jasmine rice	1 packet	2 packets
garlic	2 cloves	4 cloves
brown onion	1/2	1
carrot	1	2
capsicum	1	2
green beans	1 bag (100g)	1 bag (200g)
oyster sauce	1 packet (50g)	1 packet (100g)
rice wine vinegar*	1/4 tsp	½ tsp
soy sauce*	1 tbs	2 tbs
brown sugar*	3 tsp	1½ tbs
water* (for the sauce)	2 tsp	1 tbs
pork strips	1 packet	1 packet
crushed peanuts	1 medium packet	1 large packet
beef strips**	1 small packet	1 medium packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2717kJ (649Cal)	460kJ (109Cal)
Protein (g)	41.5g	7g
Fat, total (g)	10.1g	1.7g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	90.9g	15.4g
- sugars (g)	24.9g	4.2g
Sodium (mg)	2273mg	385mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2717kJ (649Cal)	480kJ (114Cal)
Protein (g)	47.3g	8.4g
Fat, total (g)	7.5g	1.3g
- saturated (g)	1.7g	0.3g
Carbohydrate (g)	90.2g	15.9g
- sugars (g)	24.1g	4.3g
Sodium (mg)	1607mg	284mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact



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!



Get prepped

Finely chop the garlic. Thinly slice the brown onion. Thinly slice the carrot into half-moons. Cut capsicum into bite-sized chunks. Trim the green beans. In a small bowl, combine the oyster sauce, rice wine vinegar, soy sauce, brown sugar and the water (for the sauce). Set aside.



Cook the pork

In a large frying pan or wok, heat a drizzle of **olive oil** over a high heat. Cook the **pork strips**, in batches, tossing, until browned, **2-3 minutes**. Season with **salt** and **pepper**. Transfer to a bowl.

TIP: Cooking the meat in batches will stop your meat from stewing and becoming tough.

CUSTOM RECIPE

Heat the pan as above. Stir-fry the beef strips, in batches, until browned, 1-2 minutes. Season and transfer to bowl.



Cook the veggies

Return the frying pan or wok to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, **carrot** and **capsicum** until starting to soften, **4-5 minutes**. Add the **garlic** and **green beans** and cook, tossing, until just tender, **1 minute**.



Bring it all together

Add the **pork strips** and **oyster sauce mixture** to the pan and cook, tossing, until well combined and the pork has cooked though, **1-2 minutes**.

CUSTOM RECIPE

Cook the beef strips as above.



Serve up

Divide the jasmine rice between bowls and top with the pork and oyster sauce stir-fry. Sprinkle with the **crushed peanuts** to serve.

Enjoy!