



# Sichuan Pork Bowl

with Garlic-Ginger Rice

Grab your Meal Kit with this symbol



Garlic



Ginger



Jasmine Rice



Red Onion



Green Beans



Asian Greens



Long Red Chilli (Optional)



Lime



Pork Mince



Sichuan Garlic Paste



Roasted Peanuts

- Hands-on: **25-35** mins
- Ready in: **30-40** mins
- Spicy (optional long red chilli)

This bountiful bowl has got "new favourite" written all over it! Our exceptionally tasty Sichuan garlic paste is the key ingredient, giving a delicious flavour kick to the pork mince. With tender greens, an aromatic bed of garlic-ginger rice and a fried egg to top things off, it's a winner from start to finish.

### Pantry items

Olive Oil, Butter, Eggs



## 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
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
butter*	20g	40g
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
red onion	1	2
green beans	1 bag (200g)	1 bag (400g)
Asian greens	1 bunch	2 bunches
long red chilli (optional)	1	2
lime	½	1
pork mince	1 packet	1 packet
Sichuan garlic paste	1 tub (80g)	2 tubs (160g)
eggs*	2	4
roasted peanuts	1 packet	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3830kJ (916Cal)	625kJ (149Cal)
Protein (g)	50.7g	8.3g
Fat, total (g)	39.1g	6.4g
- saturated (g)	12.4g	2.0g
Carbohydrate (g)	86.2g	14.0g
- sugars (g)	17.3g	2.8g
Sodium (g)	1040mg	170mg

### 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.



## 1. Cook the garlic-ginger rice

Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. In a medium saucepan, melt the **butter** and a **dash of olive oil** over a medium heat. Add the **garlic** and **ginger** and cook until fragrant, **2 minutes**. Add the **water** and the **salt** 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!



## 4. Cook the pork

Return the pan to a high heat with a **drizzle of olive oil**. When the oil is hot, add the **pork mince** and cook, breaking up with a wooden spoon, until browned, **3-4 minutes**. Season with **salt** and **pepper** and stir through the **Sichuan garlic paste**. Return the **veggies** to the pan and stir to combine and heat through, then transfer to a large bowl and set aside.



## 2. Get prepped

While the rice is cooking, thinly slice the **red onion**. Trim the **green beans** and cut into 2cm pieces. Roughly chop the **Asian greens**. Thinly slice the **long red chilli** (if using). Slice the **lime** (see **ingredients list**) into wedges.



## 5. Fry the eggs

Wipe out the pan and return to a medium-high heat with a **drizzle of olive oil**. Crack in the **eggs** and fry until the yolks are cooked to your liking, **4-5 minutes**.

**TIP:** This will give a soft yolk, fry for 6-7 minutes to get a hard yolk.



## 3. Cook the veggies

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **onion** and **green beans** and cook, stirring, until softened, **5-6 minutes**. Add the **Asian greens** and a **dash of water** and stir until wilted, **1 minute**. Season with **salt** and **pepper**, then transfer to a medium bowl.



## 6. Serve up

Divide the garlic-ginger rice between bowls and top with the Sichuan pork, veggies and fried eggs. Sprinkle with the **roasted peanuts** and chilli (if using). Serve with the lime wedges.

## Enjoy!