



# Dinner - Sichuan Pork Rice Bowl

## Lunch - Pork & Veggie Noodles



Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Capsicum



Asian Greens



Coriander



Spring Onion



Lime



Flat Noodles



Pork Mince



Sichuan Garlic Paste



Roasted Cashews

**FOR YOUR LUNCH**



Oyster Sauce



Sweet Chilli Sauce



Crispy Shallots

**Pantry items**

Olive Oil, Butter, Soy Sauce

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

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day! Coat pork mince in irresistible Asian flavours, then use it to make a rice bowl with cashews for dinner and toss it through noodles for lunch. Extra delicious!

## 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

Two medium saucepans (one with a lid) · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
carrot	1	2
capsicum	1	2
Asian greens	2 bunches	3 bunches
coriander	1 bunch	1 bunch
spring onion	1 bunch	1 bunch
lime	½	1
flat noodles	1 packet	1 packet
soy sauce*	¼ cup	½ cup
pork mince	1 large packet	1 large & 1 small packet
Sichuan garlic paste	1 tub (80g)	1½ tubs (120g)
roasted cashews	1 packet	2 packets
oyster sauce	1 tub (50g)	1 tub (50g)
sweet chilli sauce	2 tubs (100g)	2 tubs (100g)
crispy shallots	2 packets	2 packets

\*Pantry Items

## Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	3120kJ (747Cal)	703kJ (168Cal)
Protein (g)	41.2g	9.3g
Fat, total (g)	29.3g	6.6g
- saturated (g)	11.0g	2.5g
Carbohydrate (g)	76.0g	17.1g
- sugars (g)	14.3g	3.2g
Sodium (g)	1960mg	442mg

## LUNCH

Energy (kJ)	2930kJ (700Cal)	608kJ (145Cal)
Protein (g)	35.9g	7.5g
Fat, total (g)	25.2g	5.2g
- saturated (g)	8.3g	1.7g
Carbohydrate (g)	80.4g	16.7g
- sugars (g)	36.1g	7.5g
Sodium (g)	2310mg	479mg

## Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.

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## DINNER



### 1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 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**. Add the **pork mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Remove the pan from the heat and stir through the **Sichuan garlic paste** (see ingredients list), **roasted cashews**, **spring onion** and the **remaining soy sauce**. **Squeeze** over juice from the **lime wedges**, to taste.



### 2. Get prepped

While the rice is cooking, bring a second medium saucepan of salted water to the boil. Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **capsicum** into 2cm pieces. Roughly chop the **Asian greens** and **coriander**. Thinly slice the **spring onion**. Cut the **lime** (see ingredients list) into wedges. Add the **flat noodles** to the saucepan of boiling water and cook until tender, **2-3 minutes**. Drain and refresh under cold water. Return to the saucepan.



### 5. Serve dinner

Reserve **2 portions** of the **pork mince** and **veggies** for lunch. Divide the **garlic rice** between bowls and top with the **remaining Sichuan pork** and **veggies**. Garnish with the **coriander**.



### 3. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and **capsicum** and cook until softened, **4-5 minutes**. Add the **Asian greens** and **1/2** the **soy sauce** and cook until tender, **2 minutes**. Transfer to a bowl.



### 6. Make lunch

When you're ready to pack your lunch, add the **reserved pork mince** and **veggies**, **oyster sauce** and **2 tbs water** to the pan with the **noodles**. Stir to combine, then divide between two microwavable containers. Pack the **sweet chilli sauce** and **crispy shallots** separately. At lunch time, heat the **pork** and **veggie noodles** in the microwave until piping hot, **2-3 minutes**. Stir through the **sweet chilli sauce** and sprinkle with the **crispy shallots**.