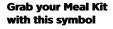


Dinner - Sichuan Pork Rice Bowl Lunch - Pork & Veggie Noodles









Basmati Rice







Capsicum



Asian Greens



Coriander

Lime



Spring Onion





Flat Noodles





Sichuan Garlic Paste

Roasted Cashews

FOR YOUR LUNCH





Oyster Sauce

Sweet Chilli



Crispy Shallots



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!

Pantry items

Olive Oil, Butter, Soy Sauce

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

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	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*	1/4 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	1/2	1
flat noodles	1 packet	1 packet
soy sauce*	1/4 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
Sodium (g)	2310mg	479mg

Allergens

Please visit 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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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!



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.



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.



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.



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.



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.