



Ginger Pork & Veggie Stir-Fry

with Peanuts & Lemon

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Zucchini



Garlic



Lemon



Oyster Sauce



Crushed Peanuts



Pork Mince



Ginger Paste



Kecap Manis



Beef Mince

Prep in: 30-40 mins
Ready in: 35-45 mins

This stir-fry coats juicy pork mince with an addictive mix of classic Asian sauces, plus ginger and garlic for an easy crowd-pleaser. Served with fragrant jasmine rice and a scattering of roasted peanuts for some crunch, it's 10 times better than takeaway!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

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* <i>(for the rice)</i>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
zucchini	1	2
garlic	3 cloves	6 cloves
lemon	½	1
pork mince	1 small packet	1 medium packet
ginger paste	1 medium packet	1 large packet
kecap manis	1 packet	2 packets
oyster sauce	1 packet (50g)	1 packet (100g)
water* <i>(for the sauce)</i>	¼ cup	½ cup
crushed peanuts	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3396kJ (812Cal)	760kJ (182Cal)
Protein (g)	35.1g	7.9g
Fat, total (g)	20.5g	4.6g
- saturated (g)	6.3g	1.4g
Carbohydrate (g)	115g	25.7g
- sugars (g)	40.2g	9g
Sodium (mg)	2133mg	477mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3419kJ (817Cal)	765kJ (183Cal)
Protein (g)	38.6g	8.6g
Fat, total (g)	19.5g	4.4g
- saturated (g)	6.7g	1.5g
Carbohydrate (g)	115g	25.7g
- sugars (g)	40.2g	9g
Sodium (mg)	2135mg	478mg

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

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Cook the rice

- In a medium saucepan, bring the **water (for the rice)** to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the pork

- Return frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **pork mince**, breaking up with a spoon, until browned, **3-4 minutes**.
- Add **garlic** and **ginger paste**. Cook until fragrant, **1 minute**.

Custom Recipe: If you've swapped to beef mince, cook it in the same way as the pork mince. For best results, drain the oil from the pan before adding the garlic and ginger.



Get prepped

- While the rice is cooking, thinly slice **carrot** and **zucchini** into half-moons.
- Finely chop **garlic**.
- Slice **lemon** into wedges.



Bring it all together

- Return **veggies** to the pan, then add **kecap manis**, **oyster sauce**, the **water (for the sauce)** and a generous squeeze of **lemon juice**.
- Cook, stirring, until well combined, **1 minute**.

TIP: Add a splash more water to loosen the mixture, if needed.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **zucchini**, tossing, until tender, **4-5 minutes**.
- Transfer to a plate.



Serve up

- Divide rice between bowls. Top with ginger pork and veggie stir-fry.
- Sprinkle with **crushed peanuts**.
- Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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