

Easy Malaysian Pork & Veggie Stir-Fry

with Garlic & Ginger Rice

Grab your Meal Kit with this symbol



Garlic Paste



Ginger Paste



Jasmine Rice



Capsicum



Carrot



Asian Greens



Pork Strips



Sesame Oil Blend



Oyster Sauce






Crushed Peanuts



Long Red Chilli (Optional)



Coriander

-  Hands-on: **15-25 mins**
-  Ready in: **25-35 mins**
-  Spicy (optional long red chilli)

This stir-fry coats tender pork strips with an addictive mix of classic Asian sauces for an easy and flavourful bowl. Served with garlic and ginger rice and a scattering of peanuts, it's ten times better than takeaway!

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic paste	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
butter*	20g	40g
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 medium packet	1 large packet
capsicum	1	2
carrot	1	2
Asian greens	1 bag	2 bags
pork strips	1 packet	1 packet
sesame oil blend	1 packet	2 packets
oyster sauce	1 packet (100g)	2 packets (200g)
soy sauce*	2 tsp	1 tbs
crushed peanuts	1 medium packet	1 large packet
long red chilli (optional)	½	1
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3602kJ (860Cal)	547kJ (130Cal)
Protein (g)	42.8g	6.5g
Fat, total (g)	34.2g	5.2g
- saturated (g)	10g	1.5g
Carbohydrate (g)	93.3g	14.2g
- sugars (g)	23.2g	3.5g
Sodium (mg)	3811mg	578mg

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.

1



Cook the garlic & ginger rice

- In a medium saucepan, melt **butter** and a dash of **olive oil** over a medium heat.
- Add 1/2 the **garlic paste** and 1/2 the **ginger paste** 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**.

3



Cook the pork

- Return the frying pan to a high heat. Stir-fry **pork strips** until golden, **3-4 minutes**.
- Reduce the heat to medium and return **veggies** to the pan. Add **oyster sauce**, **soy sauce** and **crushed peanuts**. Cook until well coated in the sauce, **1 minute**. Season with **pepper**.

2



Cook the veggies

- While rice is cooking, cut **capsicum** into bite-sized chunks. Thinly slice **carrot** into half-moons. Roughly chop **Asian greens**. Thinly slice **long red chilli** (if using).
- In a large frying pan, heat **sesame oil blend** over a medium-high heat.
- Stir-fry **capsicum** and **carrot** until softened, **3-4 minutes**. Add **Asian greens**, the remaining **garlic paste** and **ginger paste**. Cook until slightly softened and fragrant, **1 minute**. Transfer to a plate.

4



Serve up

- Divide garlic and ginger rice between bowls.
- Top with Malaysian pork and veggie stir-fry. Tear over the **coriander** and garnish with the chili.

Enjoy!