



Pork & Oyster Sauce Stir-Fry

with Crushed Peanuts

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Brown Onion



Carrot



Capsicum



Green Beans



Oyster Sauce



Pork Strips



Crushed Peanuts

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

Calorie Smart

Whip up a tasty bowl of quick-cooking pork strips tossed with colourful veggies and an easy sauce packed with umami flavours. It's a takeaway standard made at home in a flash!

Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce, Brown Sugar

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 or wok

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
brown onion	½	1
carrot	1	2
capsicum	1	2
green beans	1 small bag (100g)	1 medium bag (200g)
oyster sauce	1 packet (50g)	1 packet (100g)
rice wine vinegar*	¼ tsp	½ tsp
soy sauce*	1 tbs	2 tbs
brown sugar*	3 tsp	1½ tbs
water* (for the sauce)	2 tsp	1 tbs
pork strips	1 small packet	1 large packet
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2717kJ (649Cal)	460kJ (110Cal)
Protein (g)	41.5g	7g
Fat, total (g)	10.1g	1.7g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	90.9g	15.4g
- sugars (g)	24.9g	15.4g
Sodium (mg)	2273mg	385mg

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.



Cook the jasmine rice

In a medium saucepan, add the **water (for the rice)** 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!



Get prepped

While the rice is cooking, finely chop the **garlic**. Thinly slice the **brown onion**. Thinly slice the **carrot** into half-moons. Cut **capsicum** into bite-sized chunks. Trim the **green beans**. In a small bowl, combine the **oyster sauce, rice wine vinegar, soy sauce, brown sugar** and the **water (for the sauce)**. Set aside.



Cook the pork

In a large frying pan or wok, heat a drizzle of **olive oil** over a high heat. Cook the **pork strips**, in batches, tossing, until browned, **2-3 minutes**. Season with **salt** and **pepper**.

TIP: Cooking the meat in batches will stop your meat from stewing and becoming tough.



Cook the veggies

Return the frying pan or wok to a medium-high heat with a drizzle of **olive oil**. Cook the **onion, carrot** and **capsicum** until starting to soften, **4-5 minutes**. Add the **garlic** and **green beans** and cook, tossing, until just tender, **1 minute**.



Bring it all together

Return the **pork strips** to the pan. Add the **oyster sauce mixture** and cook, tossing, until well combined and the pork has cooked through, **1-2 minutes**.



Serve up

Divide the jasmine rice between bowls and top with the pork and oyster sauce stir-fry. Serve sprinkled with the **crushed peanuts**.

Enjoy!

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