

# Sweet Chilli Pork Stir-Fry

with Garlic Rice, Rainbow Veggies & Peanuts

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Capsicum



Snow Peas



Carrot



Lime



Sweet Chilli Sauce



Oyster Sauce



Pork Strips



Crushed Peanuts

 Hands-on: **25-35 mins**  
Ready in: **40-50 mins**

Serve up a stir-fry loaded with all the good stuff! A colourful array of veggies and tender pork strips are tossed through a sweet and zesty Thai-style sauce for an easy dinner that tastes so much 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

Large saucepan 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* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
capsicum	1	2
snow peas	1 bag (100g)	1 bag (200g)
carrot	1	2
lime	½	1
sweet chilli sauce	1 packet (50g)	1 packet (100g)
oyster sauce	1 sachet (50g)	1 sachet (100g)
soy sauce*	½ tsp	1 tsp
water* (for the sauce)	2 tsp	1 tbs
pork strips	1 packet	1 packet
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3199kJ (764Cal)	541kJ (129Cal)
Protein (g)	42.8g	7.2g
Fat, total (g)	22.2g	3.8g
- saturated (g)	8.9g	1.5g
Carbohydrate (g)	93.8g	15.9g
- sugars (g)	28.6g	4.8g
Sodium (mg)	2519mg	426mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://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 garlic rice

Finely chop the **garlic**. In a large 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 (for the rice)** 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!



## Cook the veggies

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **capsicum** and **carrot** and cook for **2-3 minutes**. Add the **snow peas** and cook, **2 minutes**. Transfer to a bowl.



## Get prepped

While the rice is cooking, thinly slice the **capsicum**. Trim the **snow peas** and chop into 2cm pieces. Thinly slice the **carrot** (unpeeled) into half moons. Zest the **lime** to get a good pinch, then slice into wedges.



## Cook the pork

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **pork strips**, tossing occasionally, until golden and cooked through, **2-3 minutes**. Reduce the heat to low, then add the **sauce** and **crushed peanuts**. Cook until thickened slightly, **1 minute**.



## Make the sauce

In a small bowl, combine the **sweet chilli sauce**, **oyster sauce**, **soy sauce**, **water (for the sauce)**, **lime zest** and a good squeeze of **lime juice**.



## Serve up

Divide the garlic rice between bowls and top with the rainbow veggies and sweet chilli pork stir-fry. Spoon over any sauce from the pan. Serve with any remaining lime wedges.

Enjoy!