



Teriyaki Pork Stir-Fry

with Garlic Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Pork Strips



Carrot



Capsicum



Green Beans



Lemon



Ginger Paste



Teriyaki Sauce



Crispy Shallots

Hands-on: **35-45 mins**
Ready in: **40-50 mins**

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

Pantry items

Olive Oil, Butter, Soy Sauce, Honey

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	1 clove	2 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
pork strips	1 packet	1 packet
soy sauce*	½ tbs	1 tbs
honey*	3 tsp	1½ tbs
carrot	1	2
capsicum	1	2
green beans	1 bag (100g)	1 bag (200g)
lemon	½	1
ginger paste	½ medium packet	1 medium packet
salt*	¼ tsp	½ tsp
teriyaki sauce	1 packet	2 packets
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3125kJ (747Cal)	506kJ (121Cal)
Protein (g)	39.3g	6.4g
Fat, total (g)	17.5g	2.8g
- saturated (g)	7.8g	1.3g
Carbohydrate (g)	100.8g	16.3g
- sugars (g)	34g	16.3g
Sodium (mg)	2343mg	379mg

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 garlic rice

Finely chop the **garlic**. 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 **jasmine rice**, **water** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10-15 minutes**.

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



Flavour the pork

While the rice is cooking, combine the **pork strips**, **soy sauce**, **honey** and a drizzle of **olive oil** in a medium bowl. Set aside.



Prep the veggies

Thinly slice the **carrot** into thin sticks (or cut into half-moons if you prefer!). Thinly slice the **capsicum**. Trim the **green beans** and slice in half. Slice the **lemon** into wedges.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Stir-fry the **carrot**, **capsicum** and **green beans** until tender, **4-5 minutes**. Add the **ginger paste** and a drizzle of **olive oil** and cook until fragrant, **1 minute**. Transfer the **veggies** to a large bowl and set aside.



Cook the pork

Return the pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, stir-fry the **pork** until browned and cooked through, **2-3 minutes** (cook in batches if your pan is getting crowded). Return the **veggies** to the pan along with the **teriyaki sauce** and a squeeze of **lemon juice**. Toss to combine until heated through. Remove from the heat.



Serve up

Divide the garlic rice between bowls. Top with the teriyaki pork stir-fry. Garnish with the **crispy shallots**. Serve with any remaining lemon wedges.

Enjoy!