# Thai-Spiced Pork & Veggie Stir-Fry

with Coconut Rice & Peanuts

Grab your Meal Kit with this symbol















Carrot

Zucchini





Sweet Chilli



Sauce





**Roasted Peanuts** 



**Ginger Lemongrass** Paste



Pork Strips



Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early\* \*Custom Recipe only Thanks to a medley of sweet chilli, ginger and lemongrass, and our Thai stir-fry spice blend, this dish smells so amazing as it cooks, it's tempting to eat it straight from the pan. But it's worth the short wait, especially when served over fluffy coconut rice, the tastiest accompaniment around. Don't forget the roasted peanut garnish, for extra crunch and nuttiness.

**Pantry items** 

Olive Oil, Soy Sauce (or Gluten Free Tamari 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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
coconut milk	1 medium tin	2 medium tins	
water*	¾ cup	1 ¼ cups	
basmati rice	1 medium packet	1 large packet	
zucchini	1	2	
carrot	1	2	
sweet chilli sauce	1 medium packet	2 medium packets	
ginger lemongrass paste	1 packet	2 packets	
soy sauce* (or gluten free tamari soy sauce)	½ tbs	1 tbs	
Thai stir-fry spice	1 medium sachet	1 large sachet	
pork strips	1 small packet	1 large packet	
roasted peanuts	1 medium packet	1 large packet	
chicken tenderloins**	1 small packet	1 large packet	

<sup>\*</sup>Pantry Items \*\* Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2970kJ (710Cal)	589kJ (141Cal)
Protein (g)	37.9g	7.5g
Fat, total (g)	34.8g	6.9g
- saturated (g)	18.1g	3.6g
Carbohydrate (g)	88.6g	17.6g
- sugars (g)	22g	4.4g
Sodium (mg)	1395mg	277mg
Custom Recipe		

Per Serving	Per 100g
3104kJ (742Cal)	<b>571kJ</b> (136Cal)
49.2g	9g
33.3g	6.1g
17.4g	3.2g
88.4g	16.3g
22g	4g
970mg	178mg
	3104kJ (742Cal) 49.2g 33.3g 17.4g 88.4g 22g

The quantities provided above are averages only.

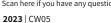
### Allergens

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.

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### Cook the coconut rice

- In a medium saucepan, add coconut milk, the water and a generous pinch of salt. Bring to the boil.
- Add **basmati rice**. Stir, cover with a lid and reduce heat to low.
- Cook for 15 minutes, then remove from heat.
- Keep covered until rice is tender and water is absorbed, 10 minutes.

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



### Get prepped

- Thinly slice zucchini and carrot into rounds. Set
- In a small bowl, combine **sweet chilli sauce**, ginger-lemongrass paste, the soy sauce and a splash of water. Set aside.

Custom Recipe: If you've swapped to chicken tenderloins, cut chicken tenderloins into thin strips.



### Flavour the pork

- In a medium bowl, combine Thai stir-fry spice, a pinch of salt and a drizzle of olive oil.
- Add pork strips, tossing to coat.

**Custom Recipe:** Season chicken strips as above.



### Cook the pork

- In a large frying pan, heat a drizzle of olive oil over high heat.
- When oil is hot, cook pork, in batches, tossing, until browned and cooked through, 2-3 minutes. Transfer to a plate.

TIP: Cooking the pork in batches over a high heat helps it stay tender.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken strips, tossing occasionally, until browned and cooked through (when no longer pink inside), 3-4 minutes. Transfer to a plate.



### Cook the veggies

- · Return frying pan to medium-high heat. Cook zucchini and carrot, tossing, until just tender, 3-4 minutes.
- In the last minute, add the sweet chilli mixture. Return **pork** to pan and toss until coated and heated through. Remove pan from heat.

**Custom Recipe:** Return chicken to pan and toss through sweet chilli mixture as above.



### Serve up

- · Divide coconut rice between bowls.
- Top with Thai-spiced pork and veggie stir-fry.
- Sprinkle with roasted peanuts to serve. Enjoy!

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