



Thai-Spiced Pork & Veggie Stir-Fry

with Coconut Rice & Peanuts

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Zucchini



Carrot



Sweet Chilli Sauce



Thai Stir-Fry Spice



Roasted Peanuts



Ginger Lemongrass Paste



Pork Strips



Chicken Tenderloins

Recipe Update

Unfortunately, this week's green beans were in short supply, so we've replaced them with zucchini. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	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 <i>gluten free tamari soy sauce</i>)	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

*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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3104kJ (742Cal)	571kJ (136Cal)
Protein (g)	49.2g	9g
Fat, total (g)	33.3g	6.1g
- saturated (g)	17.4g	3.2g
Carbohydrate (g)	88.4g	16.3g
- sugars (g)	22g	4g
Sodium (mg)	970mg	178mg

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.

We're here to help!

Scan here if you have any questions or concerns



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!



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.



Get prepped

- Thinly slice **zucchini** and **carrot** into rounds. Set aside.
- 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.



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.



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.



Serve up

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

Rate your recipe

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