



Sticky Sichuan Pork & Veggies

with Garlic Rice & Pickled Chilli

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Fresh Chilli (Optional)



Asian Greens



Baby Broccoli



Sesame Seeds



Sichuan Garlic Paste



Pork Mince



Ginger Paste



Beef Mince

Prep in: 20-30 mins
Ready in: 35-45 mins

Add colourful veggies to a quick pork stir-fry for maximum flavour. With a scattering of tasty sesame seeds and the addition of a fragrant Sichuan garlic sauce to bring the meal together, this dinner is oodles of fun!

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

Pantry items

Olive Oil, Butter, White Wine Vinegar, Honey, Soy Sauce

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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	3 cloves	6 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
fresh chilli 🌶️ (optional)	½	1
white wine vinegar* (for the pickle)	¼ cup	½ cup
Asian greens	1 bunch	2 bunches
baby broccoli	½ bag	1 bag
sesame seeds	1 sachet	1 sachet
Sichuan garlic paste	1 packet	2 packets
honey*	2 tsp	4 tsp
white wine vinegar* (for the veggies)	2 tsp	4 tsp
soy sauce*	1 tbs	2 tbs
pork mince	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3458kJ (826Cal)	733kJ (175Cal)
Protein (g)	35.9g	7.6g
Fat, total (g)	35.8g	7.6g
- saturated (g)	12.2g	2.6g
Carbohydrate (g)	87.1g	18.5g
- sugars (g)	19.3g	4.1g
Sodium (mg)	1089mg	231mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3748kJ (896Cal)	794kJ (190Cal)
Protein (g)	40.1g	8.5g
Fat, total (g)	40.3g	8.5g
- saturated (g)	15.1g	3.2g
Carbohydrate (g)	87.1g	18.5g
- sugars (g)	19.3g	4.1g
Sodium (mg)	1068mg	226mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/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

2024 | CW04



1



Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** and a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a pinch of **salt**, stir, then bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce the heat to low.
- Cook for **12 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

4



Cook the veggies

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli**, tossing, until tender, **5-6 minutes**.
- Add **Asian greens** and cook until just wilted, **1-2 minutes**. Transfer to a medium bowl, then season with **salt** and **pepper**.
- Meanwhile, combine **Sichuan garlic paste**, the **honey**, **white wine vinegar (for the veggies)**, **soy sauce** and a splash of **water** in a second small bowl.

2



Pickle the chilli

- Meanwhile, thinly slice **fresh chilli** (if using).
- In a small bowl, combine **white wine vinegar (for the pickle)** and a good pinch of **sugar** and **salt**.
- Add **chilli** to the pickling liquid with just enough **water** to cover the **chilli**. Stir to coat and set aside.

5



Cook the pork

- When the rice has **5 minutes** remaining, return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **ginger paste** and remaining **garlic** and cook until fragrant, **1 minute**.
- Add **Sichuan sauce mixture** and cook until slightly reduced and sticky, **1-2 minutes**.
- Remove pan from heat, then add the cooked **veggies** to the **pork** and toss to combine.

Custom Recipe: If you've swapped to beef mince, cook beef in the same way as above.

3



Get prepped

- Roughly chop **Asian greens**. Cut **baby broccoli (see ingredients)** into thirds.
- Heat a large frying pan over medium-high heat. Toast **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.

6



Serve up

- Drain pickled **chilli**.
- Divide garlic rice between bowls. Top with sticky Sichuan pork and veggies.
- Garnish with pickled **chilli** and toasted sesame seeds. Enjoy!

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