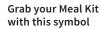


# Sticky Sichuan Pork & Veggies with Garlic Rice & Pickled Chilli

CUSTOMER FAVOURITE **KID FRIENDLY** 





Jasmine Rice





Fresh Chilli (Optional)



Asian Greens



Baby Broccoli



Sichuan Garlic Paste

Pork Mince





Ginger Paste

Pantry items

Honey, Soy Sauce

Olive Oil, Butter, White Wine Vinegar,

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.

В

## 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)	1/2	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)	<b>794kJ</b> (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 visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed

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# 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!



## 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.



#### 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.



# 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.



## 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.



## 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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