

# Sichuan Pork & Green Bean Stir-Fry

with Rapid Rice

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Capsicum



Courgette



Green Beans



Jasmine Rice



Ginger Paste



Sichuan Garlic Paste



Soy Sauce Mix



Pork Loin Steaks




Chicken Breast

## Recipe Update

Unfortunately, this week's pineapple was in short supply, so we've replaced it with courgette. 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: 25-35 mins

 Eat Me Early\*  
\*Custom Recipe only

There's no way an opportunity like this can be passed up, it's a classic for a reason and this one will go down in the history books. It's that Sichuan garlic combination added to the soy sauce mix with notes of ginger to elevate the taste even higher. The flavour is one to remember.

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

## Pantry items

Olive Oil, Soy Sauce, Plain Flour, Brown Sugar

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
capsicum	1	2
courgette	1	2
green beans	1 bag (100g)	1 bag (200g)
jasmine rice	1 packet	1 packet
pork loin steaks	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tsp	2 tsp
<b>plain flour*</b>	2 tbs	¼ cup
Sichuan garlic paste	1 packet	2 packets
soy sauce mix	1 packet (40g)	1 packet (80g)
<b>brown sugar*</b>	½ tsp	1 tsp
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3151kJ (753Cal)	568kJ (136Cal)
Protein (g)	46g	8.3g
Fat, total (g)	8.6g	1.6g
- saturated (g)	1.4g	0.3g
Carbohydrate (g)	118.3g	21.3g
- sugars (g)	34g	6.1g
Sodium (mg)	1727mg	311mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3213kJ (768Cal)	569kJ (136Cal)
Protein (g)	43g	7.6g
Fat, total (g)	11.7g	2.1g
- saturated (g)	2.2g	0.4g
Carbohydrate (g)	118.3g	21g
- sugars (g)	34g	6g
Sodium (mg)	1752mg	310mg

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](https://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



## Cook the rice

- Boil the kettle.
- Cut **capsicum** and **courgette** into bite-sized chunks. Trim and halve **green beans**.
- Half-fill a medium saucepan with boiling water. Add **jasmine rice** and a generous pinch of **salt**, and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain and set aside.



## Stir-fry the veggies & sauce

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Stir-fry **capsicum**, **green beans** and **courgette** until tender, **4-5 minutes**.
- Add **Sichuan garlic paste**, **soy sauce mix** and the **brown sugar**. Cook, tossing, until slightly reduced, **1-2 minutes**.



## Cook the pork strips

- Slice **pork loin steaks** into 1cm strips.
- In a medium bowl, combine **pork**, **ginger paste**, the **soy sauce** and a drizzle of **olive oil**. Season with **salt** and **pepper**.
- Add the **plain flour** to the **pork** and toss to coat.
- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, dust off any excess **flour** from **pork**, then cook in batches, tossing occasionally, until browned and cooked through, **3-4 minutes**. Transfer to a paper towel-lined plate.

**Custom Recipe:** If you've swapped to chicken breast, cut chicken into 2cm strips. Flavour, coat and cook chicken as above.



## Serve up

- Divide rice between bowls. Top with pork and stir-fried veggies.
- Spoon over Sichuan sauce from pan to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)