



# Pork & Oyster Sauce Stir-Fry

with Crushed Peanuts

Grab your Meal Kit  
with this symbol



Jasmine Rice



Garlic



Brown Onion



Carrot



Capsicum



Green Beans



Oyster Sauce



Pork Strips



Crushed Peanuts



Beef Strips



Hands-on: **25-35 mins**



Ready in: **30-40 mins**



Calorie Smart

Whip up a tasty bowl of quick-cooking pork strips tossed with colourful veggies and an easy sauce packed with umami flavours. It's a takeaway standard made at home in a flash!



**CUSTOM RECIPE**

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

## Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce, Brown Sugar



## 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
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
garlic	2 cloves	4 cloves
brown onion	½	1
carrot	1	2
capsicum	1	2
green beans	1 bag (100g)	1 bag (200g)
oyster sauce	1 packet (50g)	1 packet (100g)
rice wine vinegar*	¼ tsp	½ tsp
soy sauce*	1 tbs	2 tbs
brown sugar*	3 tsp	1½ tbs
water* (for the sauce)	2 tsp	1 tbs
pork strips	1 packet	1 packet
crushed peanuts	1 medium packet	1 large packet
beef strips**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

### Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2717kJ (649Cal)	460kJ (109Cal)
Protein (g)	41.5g	7g
Fat, total (g)	10.1g	1.7g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	90.9g	15.4g
- sugars (g)	24.9g	4.2g
Sodium (mg)	2273mg	385mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2717kJ (649Cal)	480kJ (114Cal)
Protein (g)	47.3g	8.4g
Fat, total (g)	7.5g	1.3g
- saturated (g)	1.7g	0.3g
Carbohydrate (g)	90.2g	15.9g
- sugars (g)	24.1g	4.3g
Sodium (mg)	1607mg	284mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

2021 | CW24

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## Cook the rice

In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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

2



## Get prepped

Finely chop the **garlic**. Thinly slice the **brown onion**. Thinly slice the **carrot** into half-moons. Cut **capsicum** into bite-sized chunks. Trim the **green beans**. In a small bowl, combine the **oyster sauce**, **rice wine vinegar**, **soy sauce**, **brown sugar** and the **water (for the sauce)**. Set aside.

3



## Cook the pork

In a large frying pan or wok, heat a drizzle of **olive oil** over a high heat. Cook the **pork strips**, in batches, tossing, until browned, **2-3 minutes**. Season with **salt** and **pepper**. Transfer to a bowl.

**TIP:** Cooking the meat in batches will stop your meat from stewing and becoming tough.

## CUSTOM RECIPE

Heat the pan as above. Stir-fry the beef strips, in batches, until browned, 1-2 minutes. Season and transfer to bowl.

4



## Cook the veggies

Return the frying pan or wok to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, **carrot** and **capsicum** until starting to soften, **4-5 minutes**. Add the **garlic** and **green beans** and cook, tossing, until just tender, **1 minute**.

5



## Bring it all together

Add the **pork strips** and **oyster sauce mixture** to the pan and cook, tossing, until well combined and the pork has cooked through, **1-2 minutes**.

## CUSTOM RECIPE

Cook the beef strips as above.

6



## Serve up

Divide the jasmine rice between bowls and top with the pork and oyster sauce stir-fry. Sprinkle with the **crushed peanuts** to serve.

## Enjoy!