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## Speedy Pork Stir Fry with Ginger & Carrot

Ah, ginger and pork. The two go together like Ginger Rogers and Fred Astaire. Dancing across your taste buds tonight, this lip smacking concoction in tasty oyster sauce served on a bed of pillowy jasmine rice won't fail to have you swinging.



**Prep:** 15 mins

**Cook:** 15 mins

**Total:** 30 mins



level 1



spicy



helping hands

### Pantry Items



Soy Sauce



Sugar



Water



Sesame Oil



Pork Strips



Ginger



Long Red Chilli



Garlic



Jasmine Rice



Sugar Snap Peas



Carrots



Oyster Sauce

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QTY	Ingredients
600 g	pork strips
1 knob	ginger, peeled & grated
½	long red chilli, deseeded & finely sliced (optional)
2 cloves	garlic, peeled & crushed
2 tsp	sesame oil *
1 ½ cups	Jasmine rice, rinsed well
6 cups	water *
200 g	sugar snap peas, trimmed & destringed
2	carrots, cut into matchsticks
3 tbs	oyster sauce
1 ½ tbs	salt-reduced soy sauce *
2 tsp	sugar *
1 tbs	water *

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2220	Kj
Protein	44.3	g
Fat, total	5.1	g
-saturated	1.2	g
Carbohydrate	73.5	g
-sugars	12	g
Sodium	1190	mg



1

**You will need:** *chef's knife, chopping board, vegetable peeler, grater, bowl, sieve, medium saucepan, large wok/frying pan, and a plate.*

**1** Place the **pork strips** into a bowl. Add in the **ginger, long red chilli, garlic,** and the **sesame oil**, set aside and marinate for **10 minutes**.

**2** Meanwhile, place the **Jasmine rice** and **water** in a medium saucepan, bring the water to the boil and cook for **10-12 minutes** or until the rice is soft and the water has been absorbed.

**3** While the rice is cooking, place a large wok or frying pan over a high heat. When the wok is very hot, add the marinated pork strips to the pan and cook for **2 minutes**. Remove the pork from the pan and set aside. No need to clean the pan, just add in the **sugar snap peas, carrot, oyster sauce, salt-reduced soy sauce, sugar,** and a splash of water and cook for **1-2 minutes** or until the veggies are slightly soft. Return the pork to the pan and cook until heated through.

**4** Divide the rice between bowls and serve with the saucy ginger pork stir fry.



3a



3b



3c

**Did you know?** Only approximately 1 in 10,000 oysters contains a pearl.