

Printfid00296hero gingerpork 83 badge

Ginger Pork and Vegetable

Stir-Fry with Jasmine Rice.



20-30min



4 Portions

Veggie-packed and full of flavour, this super simple stir-fry is a great addition to your weeknight repertoire. The marinated pork is tender and satisfying, tossed with the veggies and served atop ginger-infused rice for a great-for-you dinner everyone will love.

What we send

- free-range pork stir-fry strips
- vegetarian stir-fry sauce ^{1,6}
- 1 long red chilli, coriander, ginger and 1 garlic clove
- snow peas
- broccoli
- carrot
- jasmine rice

What you'll require

- salt and pepper
- soy sauce ⁶
- vegetable oil

Utensils

- grater
- medium saucepan
- sieve
- wok

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Broccoli stalks are very nutritious so don't throw them away! Adding them to a stir-fry is a great way to get kids to eat more greens.

Allergens

Gluten (1), Soy (6). May contain traces of other allergens.

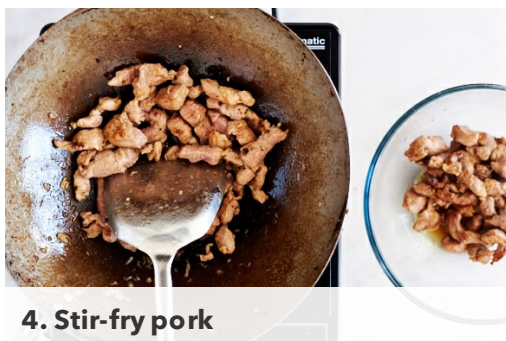
Nutrition per serving

Energy 590.0kcal, Fat 11.6g, Proteins 41.1g, Carbs 75.6g



1. Cook rice

Cut 3 thin slices from the **ginger**. Rinse the **rice** well. Place in a medium saucepan with the ginger slices and 560ml (2 ¼ cups) water, then cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



4. Stir-fry pork

Combine the **stir-fry sauce** with 2 tbs **water**. Heat 3 tsp **oil** in a wok over medium-high heat. Stir-fry the **pork** and marinade, in batches, for 2-3 mins until just cooked. Set aside in a bowl.



2. Marinate pork

Meanwhile, finely chop the **garlic**. Peel and finely grate the remaining **ginger**. Place the **pork strips** in a bowl and add 2 tsp **oil**, 1 tbs **soy sauce**, half the **garlic** and half the **ginger**. Season with **sea salt and pepper**, if desired, and toss to combine.



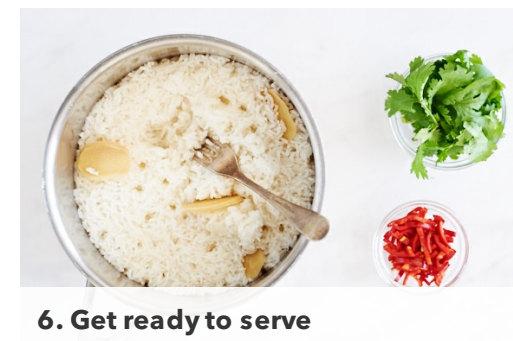
5. Stir-fry vegetables

Heat 3 tsp **oil** in the same wok over medium-high heat. Stir-fry remaining **garlic** and **ginger** for 30 secs until fragrant. Add **carrot** and 1 tbs water and stir-fry for 3 mins. Add **broccoli** and 2 tbs **water** and stir-fry for 2 mins. Add **snow peas** and stir-fry for 1 min. Add **stir-fry sauce** and stir to combine. Return **pork** to the pan and stir-fry for 1 min.



3. Prepare vegetables

Cut **carrots** in half lengthwise, then into 0.5cm semi-circles. Trim end of **broccoli**. Thinly slice the stalk (see cooking tip) and cut into small florets. Trim ends of **snow peas** then slice in half lengthwise. Thinly slice the **chilli** (deseed for less heat if you prefer). Pick the **coriander leaves**, discarding the stems.



6. Get ready to serve

Remove and discard **ginger** slices from **rice** and fluff up rice with a fork. Divide rice between bowls and top with **pork and vegetable stir-fry**. Garnish with **chilli** and **coriander** for the adults.