

Webfid00287hero sweetchillipork 247

## Sweet Chilli Pork

and Vegetable Stir-fry with Jasmine Rice



Cooking Time



4 Portions

Chopsticks at the ready! Full of bright flavours and great-for-you veggies, this colourful stir-fry is a brilliant midweek main, all ready in the time it takes to cook the rice.

## What we send

- yellow capsicum
- sweet chilli sauce
- free-range pork stir-fry strips
- 1 birds eye chilli, 1 garlic clove, ginger and coriander
- carrot
- jasmine rice
- green beans
- fish sauce <sup>4</sup>

## What you'll require

- soy sauce <sup>6</sup>
- vegetable oil

## Utensils

- medium saucepan
- sieve

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

## Cooking tip

If preferred, leave the rice plain and serve coriander scattered over adults' portions.

## Allergens

Fish (4), Soy (6). May contain traces of other allergens.

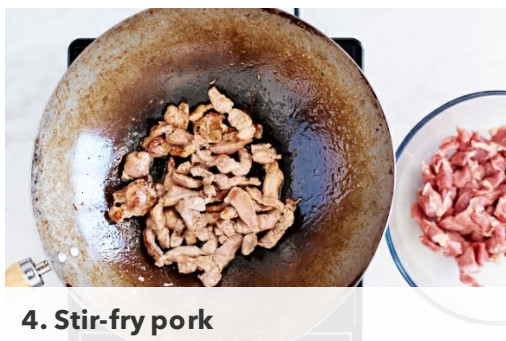
## Nutrition per serving

Energy 590.0kcal, Fat 12.0g, Proteins 38.2g, Carbs 78.2g



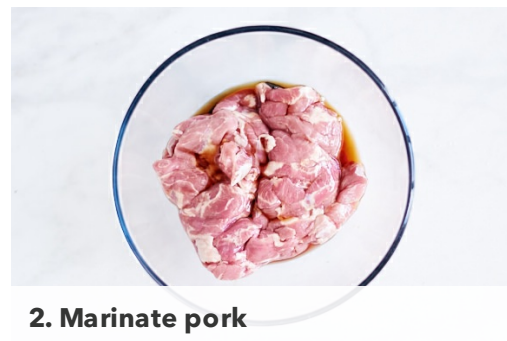
**1. Cook rice**

Rinse the **rice** well. Place in a medium saucepan with 320ml water, 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**

Heat 1 tbs **oil** in a wok or large frypan over high heat. Stir-fry the **pork**, in 2 batches, for 2-3 mins until almost cooked. Remove from the pan.



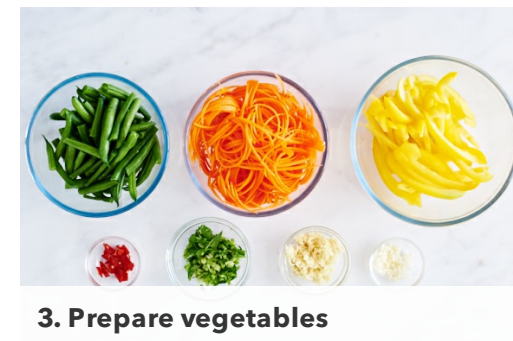
**2. Marinate pork**

Meanwhile, place the **pork strips** in a bowl. Add the **fish sauce** and toss to combine.



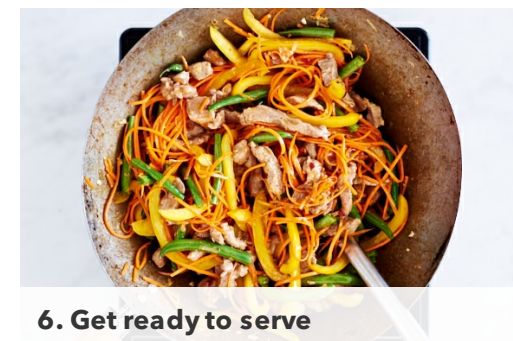
**5. Stir-fry vegetables**

In the same pan heat, 1 tbs **oil** over medium heat. Stir-fry the **ginger, carrot, garlic** and **capsicum** for 2 mins. Add the **green beans** and stir-fry for 2 mins. Return **pork** to the pan with 1 tbs **sweet chilli sauce** and 2 tsp **soy sauce** and stir-fry for 1 min or until veggies are just tender.



**3. Prepare vegetables**

Finely chop the **garlic**. Peel and finely grate the **ginger**. Cut **carrots** into thin matchsticks using a sharp knife or Asian shredder. Cut the **capsicum** into thin strips, discarding the seeds and membranes. Trim ends of **beans** and cut into thirds. Coarsely chop the **coriander** leaves and stems. Deseed the **chilli** and thinly slice.



**6. Get ready to serve**

Fluff up **rice** with a fork and stir through half the **coriander** (see cooking tip). Divide rice between bowls and top with **pork** and **vegetable stir-fry**. Serve remaining **chilli sauce** on the side and scatter **chilli** and remaining coriander over the adults' portions.