



Sweet and Savoury Pork Stir-Fry

with Snap Peas and Fragrant Rice

Spicy

25 Minutes

Customized Protein

+ Add













Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



 Ground Beef 250 g 500 g	 Beyond Meat® 2 4
 Ground Pork 250 g 500 g	 Jasmine Rice ¾ cup 1 ½ cup
 Sugar Snap Peas 113 g 227 g	 Yellow Onion 1 2
 Carrot 1 1	 Ginger-Garlic Puree 2 tbsp 4 tbsp
 Vegetarian Oyster Sauce ¼ cup ½ cup	 Sweet Chili Sauce 2 tbsp 4 tbsp
 Miso Broth Concentrate 1 2	 Cornstarch 1 tbsp 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, pepper, oil

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, small bowl, vegetable peeler, whisk

1



Cook rice

- Before starting, wash and dry all produce.

- Heat a medium pot over medium heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **rice** and **half the ginger-garlic puree**. Cook, stirring often, until fragrant, 2-3 min.
- Add **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **salt** and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep

- Peel, then slice **half the carrot** (use all for 4 ppl) into ⅛-inch rounds.
- Trim **snap peas**.
- Peel, then cut **onion** into ¼-inch slices.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, **carrots**, **onions** and **snap peas**. Cook, stirring often, until **veggies** are tender-crisp, 3-4 min.
- Transfer to a plate.

3



Cook pork and make sauce

🔄 Swap | **Ground Beef**

🔄 Swap | **Beyond Meat®**

- Reheat the same pan over medium-high.
- When hot, add **ground pork** and **remaining ginger-garlic puree** to the dry pan. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.**
- While **pork** cooks, add **cornstarch**, **vegetarian oyster sauce**, **sweet chili sauce**, **miso broth concentrate** and **½ cup** (½ cup) **water** to a small bowl. Whisk to combine.

4



Finish stir-fry

- When **pork** is done, add **veggies** and **sauce** to the pan.
- Cook, stirring often, until **sauce** thickens slightly, 1-2 min. (**TIP:** Add more water, 1 tbsp at a time, if you prefer a looser sauce.)
- Season with **salt** and **pepper**, to taste.

5



Finish and serve

- Fluff **rice** with a fork. Divide between bowls.
- Spoon **pork stir-fry and veggies** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Cook beef and make sauce

🔄 Swap | **Ground Beef**

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **pork**.**

3 | Cook Beyond Meat® and make sauce

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook it the same way as the **pork**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.**

** Cook to a minimum internal temperature of 74°C/165°F.