



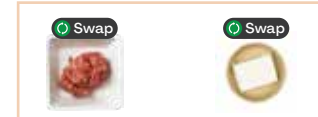
Pork Stir-Fry Bowls

with Snap Peas and Jasmine Rice

Family Friendly 25 - 35 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 Turkey
250 g | 500 g

Tofu
1 | 2



Ground Pork
250 g | 500 g



Jasmine Rice
¼ cup | 1 ½ cups



Sugar Snap Peas
227 g | 454 g



Garlic Salt
1 tsp | 2 tsp



Green Onion
1 | 2



Soy Sauce
2 tbsp | 4 tbsp



Gravy Spice Blend
2 tbsp | 4 tbsp



Brown Sugar
1 tbsp | 2 tbsp



Miso Broth Concentrate
1 | 2

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 | Oil, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, strainer

1



Cook rice

- Before starting, add 1 cup (2 cups) water and half the garlic salt to a medium pot.
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- Using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the boiling water, then reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. (NOTE: Reduce heat to low if water boils over.)
- Remove from heat. Set aside, still covered.

2



Cook pork

- ◻ Swap | Ground Turkey
 - ◻ Swap | Tofu
- Heat a large non-stick pan over medium-high heat.
 - When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **pork**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.**

3



Prep

- Meanwhile, trim **snap peas**.
- Thinly slice **green onion**.

4



Stir-fry snap peas

- Add **snap peas** and 2 **tbsp** (¼ cup) **water** to the pan with **pork**. Cook, stirring often, until water is absorbed and **snap peas** are tender-crisp, 2-3 min.
- Add **remaining garlic salt**. Season with **pepper**.

5



Assemble stir-fry

- Sprinkle **brown sugar** over **pork** and **snap peas**. Cook, stirring often, until **pork** is dark golden-brown, 1-2 min.
- Sprinkle **Gravy Spice Blend** over top, then stir to coat.
- Add ¾ **cup** (1 ¼ cups) **water**, **soy sauce** and **broth concentrate**. Bring to a gentle boil.
- Once boiling, reduce heat to medium-low. Simmer, stirring occasionally, until **sauce** thickens slightly, 1-2 min.
- Remove from heat, then cover to keep warm.

6



Finish and serve

- Fluff **rice** with a fork. Stir in **half the green onions**.
- Divide **rice** between bowls.
- Top with **pork**, **veggies** and **any remaining sauce** in the pan.
- Sprinkle **remaining green onions** over top.

Measurements
within steps

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

2 | Cook turkey

◻ Swap | Ground Turkey

If you've opted to get **turkey**, add 1 **tbsp** (2 **tbsp**) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **pork****

2 | Cook tofu

◻ Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. When the pan is hot, add 1 **tbsp** (2 **tbsp**) **oil**, then **tofu**. Cook, stirring occasionally, until **tofu** is golden all over, 6-7 min. Continue with recipe as written.

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