

# Savoury Pork and Veggie Stir-Fry

with Cashews and Garlic Rice

Spicy

Quick

25 Minutes



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**Ground Pork** 





Soy Sauce

Szechuan Sauce





Sweet Bell Pepper

Zucchini





Basmati Rice Cashews





Green Onion

Chicken Broth Concentrate



Cornstarch

Garlic Salt



#### HELLO SZECHUAN SAUCE

# Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp, (2 tbsp), oil within steps 4 person Ingredient

#### Bust out

Measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan

## Ingredients

|                              | 2 Person | 4 Person |
|------------------------------|----------|----------|
| Ground Pork                  | 250 g    | 500 g    |
| Chicken Tenders •            | 310 g    | 620 g    |
| Soy Sauce                    | 1 tbsp   | 2 tbsp   |
| Szechuan Sauce               | 2 tbsp   | 4 tbsp   |
| Sweet Bell Pepper            | 160 g    | 320 g    |
| Zucchini                     | 200 g    | 400 g    |
| Basmati Rice                 | ¾ cup    | 1 ½ cups |
| Cashews                      | 56 g     | 112 g    |
| Green Onion                  | 2        | 4        |
| Chicken Broth<br>Concentrate | 1        | 2        |
| Cornstarch                   | ½ tbsp   | 1 tbsp   |
| Garlic Salt                  | 1 tsp    | 2 tsp    |
| Unsalted Butter*             | 1 tbsp   | 2 tbsp   |
| Oil*                         |          |          |
|                              |          |          |

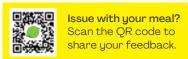
Pepper\*

- \* Pantry items
- \*\* Cook pork and chicken to a minimum internal temperature of 74°C/165°F.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## 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, sov. sulphites, tree nuts and wheat.





### Cook rice

- Add rice, broth concentrate, half the garlic salt and 1 1/4 cups (2 1/2 cups) water to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



## Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into 1/4-inch half-moons.
- Cut green onion whites into ½-inch pieces. Thinly slice green onion greens. Keep green and white parts separate.



#### Toast cashews

- Heat a large non-stick pan over medium heat.
- When hot, add cashews to the dry pan. Toast, stirring occasionally, until goldenbrown, 5-6 min. (TIP: Keep your eye on cashews so they don't burn!)
- Transfer to a plate.



# Cook pork

- Heat the same pan over medium-high.
- When hot, add 1 tbsp (2 tbsp) oil, then pork. Cook, breaking up pork into smaller pieces, until no pink remains, 4-5 min.\*\* Season with pepper and remaining garlic salt.
- Meanwhile, add Szechuan sauce, soy sauce, half the cornstarch (use all for 4 ppl) and 1/3 cup (3/3 cup) water to a small bowl. Stir until cornstarch dissolves.

If you've opted to get **chicken tenders**, pat dry with paper towels, then cut into 2-inch pieces. Season with **salt** and **pepper**. When **cashews** are done, heat the same pan over medium-high. When hot, add 1 tbsp (2 tbsp) oil, then chicken. Pan-fry, flipping occasionally, until golden-brown, 2-3 min.\*\*



- Add peppers, zucchini and green onion whites to the pan with pork. Cook, stirring occasionally, until veggies are tender-crisp, 3-4 min.
- Add Szechuan sauce mixture. Cook, stirring often, until sauce thickens slightly, 1-2 min. (TIP: Add 1-2 tbsp water if sauce gets too thick.) Season with pepper, to taste.
- Add half the cashews, then toss to combine.



## Finish and serve

- · Add half the green onion greens and 1 tbsp (2 tbsp) butter to the pot with rice, then fluff rice with a fork until butter melts.
- Divide **rice** between plates. Top with **pork** and veggies.
- Sprinkle remaining green onions and remaining cashews over top.

## **Dinner Solved!**