



APR
2017

Speedy Pork Stir-Fry

with Ginger, Sugar Snap Peas and Carrots

Ah, ginger and pork. The two go together like Ginger Rogers and Fred Astaire. Dancing across your taste buds tonight, this lip smacking concoction in tasty oyster sauce served on a bed of pillowy jasmine rice won't fail to have you swinging.

 **Prep**
30 min



Pork Loin Strips



Ginger



Long Red Chili



Garlic



Sesame Oil



Jasmine Rice



Sugar Snap Peas



Carrot




Oyster Sauce



Soy Sauce

Ingredients

	4 People
Pork Loin Strips	2 pkg (680 g)
Ginger	30 g
Long Red Chili 	1
Garlic	2 pkg (20 g)
Sesame Oil 1)	1 pkg (2 tsp)
Jasmine Rice	2 pkg (340 g)
Sugar Snap Peas, trimmed	1 pkg (227 g)
Carrot, matchsticks	1 pkg (285 g)
Oyster Sauce 2) 3)	3 pkg (3 tbsp)
Soy Sauce 2) 4)	1 pkg (1 tbsp)
Sugar*	2 tsp
Olive or Canola Oil*	

*Not Included

Allergens

- 1) Sesame/Sésame
- 2) Wheat/Blé
- 3) Shellfish/Fruits de mer
- 4) Soy/Soja

Tools

Large Bowl, Measuring Cups, Large Pot, Large Non-Stick Pan, Measuring Spoons

Nutrition per person Calories: 600 cal | Fat: 7 g | Protein: 44 g | Carbs: 87 g | Fibre: 4 g | Sodium: 970 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep: Wash and dry all produce. Mince or grate the **garlic** and **ginger**. Thinly slice the **chili** (if using). Bring **2 2/3 cups salted water** in a large pot to a boil.

2 Marinate the pork: In a large bowl, combine the **pork strips** with **garlic, ginger** and **sesame oil**. Set aside.

3 Cook the rice: Add the rice to the boiling water. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 12-14 min.



4 Make the stir-fry: Meanwhile, heat a large non-stick frying pan over high heat. Add a drizzle of **oil**, then the **pork**. Cook until golden and cooked through, 1-2 min per side. Transfer to a plate.

5 Add the **sugar snap peas** and **carrot** to the same pan. Cook, stirring often, until the vegetables are tender-crisp, 1-2 min. Stir in the **oyster sauce, soy sauce, sugar, pork** and **1 tbsp water**. Stir until everything is warmed through, 1-2 min.



6 Finish and serve: Fluff the **rice** with a fork. Divide the **rice** between bowls and top with the **pork stir-fry**. Sprinkle with **chili**, if desired. Enjoy!



NUTRITION TIP: Carrots (and other orange veggies) are high in beta-carotene. This nutrient is converted to vitamin A in our bodies, which helps with many biological processes including developing night vision!

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