



JAN
2017

Hoisin Pork Stir-Fry

with Brown Rice, Sugar Snap Peas and Ginger

We're starting this stir-fry with an aromatic base of ginger, onion, and garlic. Our stir-fry sauce and lime gives the recipe the perfect balance of tangy, sweet, and salty. Hearty brown rice gives this dish a healthy spin on take-out.

Prep
30 min

level 1



Pork Tenderloin



Brown Rice



Red Onion



Garlic



Yellow Bell Pepper



Sugar Snap Peas



Stir-Fry Sauce



Lime



Cilantro



Cornstarch




Ginger



Long Red Chili

Ingredients

	2 People	4 People
Pork	1 pkg (340 g)	2 pkg (680 g)
Brown Rice	1 pkg (170 g)	2 pkg (340 g)
Red Onion, sliced	1 pkg (56 g)	2 pkg (113 g)
Garlic	1 pkg (10 g)	2 pkg (20 g)
Yellow Bell Pepper	1	2
Sugar Snap Peas, trimmed	1 pkg (227 g)	2 pkg (454 g)
Stir-Fry Sauce	1) 2) 3) 1 pkg (¼ cup)	2 pkg (½ cup)
Lime	1	2
Cilantro	1 pkg (7 g)	2 pkg (14 g)
Cornstarch	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Ginger	30 g	60 g
Long Red Chili 	1	1
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Soy/Soja
- 3) Sesame/Sésame

Tools

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

Ruler

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Nutrition per person Calories: 879 cal | Fat: 30 g | Protein: 48 g | Carbs: 105 g | Fiber: 9 g | Sodium: 934 mg

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



1 Prep: Bring **1½ cup salted water** (double for 4 people) in a medium pot to a boil. **Wash and dry all produce.** Peel and mince **1 tbsp ginger** (double for 4 people). Mince or grate the **garlic**. Finely chop the **cilantro**. Core and thinly slice the **bell pepper**. Zest, then cut the **lime** into wedges. Finely chop the **chili**.

2 Cook the rice: Add **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, 23-25 min.

3 Brown the pork: Meanwhile, combine the **pork** with the **cornstarch** in a medium bowl. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then **half the pork** pieces. Cook until browned, about 2-3 min on each side. Transfer to a plate, and repeat with **remaining** pork. (**TIP:** Cooking in batches prevents overcrowding the pan, which will stew your meat rather than brown it.)

4 Start the stir-fry: Heat another drizzle of **oil** in the same pan. Add the **onion, garlic** and **ginger** to the pan. Cook, stirring occasionally, until onions are soft, 3-4 min. Add the **bell pepper** and **sugar snap peas** to the pan and cook until the veggies are tender, 4-5 min. Season with **salt** and **pepper**.

5 Stir in the **pork, lime zest** and **stir-fry sauce**. Stir until heated through, 1-2 min.

6 Finish and Serve: Serve the **hoisin pork stir-fry** on a bed of **brown rice**. Sprinkle with **cilantro**, as much **chili** as you like and a squeeze of **lime juice**, to taste. Enjoy!

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