



# Szechuan-Inspired Pork and Green Bean Stir-Fry

with Sesame-Cilantro Rice

Spicy

30 Minutes



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Ground Pork



Basmati Rice



Green Beans



Sweet Bell Pepper



Cilantro



Szechuan Sauce



Sesame Oil



Black Sesame Seeds



Cornstarch



Garlic Salt

## HELLO SZECHUAN SAUCE

*A bold and spicy chili sauce inspired by the flavours of the Szechuan Province!*

## Start here

Before starting, wash and dry all produce.

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

## Bust out

Medium bowl, measuring spoons, medium pot, measuring cups, whisk, large non-stick pan

## Ingredients

|                    | 2 Person | 4 Person |
|--------------------|----------|----------|
| Ground Pork        | 250 g    | 500 g    |
| Basmati Rice       | ¾ cup    | 1 ½ cups |
| Green Beans        | 170 g    | 340 g    |
| Sweet Bell Pepper  | 160 g    | 320 g    |
| Cilantro           | 7 g      | 14 g     |
| Szechuan Sauce 🍷   | 2 tbsp   | 4 tbsp   |
| Sesame Oil         | 1 tbsp   | 2 tbsp   |
| Black Sesame Seeds | 1 tbsp   | 2 tbsp   |
| Cornstarch         | 1 tbsp   | 2 tbsp   |
| Garlic Salt        | ½ tsp    | 1 tsp    |
| Unsalted Butter*   | 1 tbsp   | 2 tbsp   |
| Oil*               |          |          |
| Salt and Pepper*   |          |          |

\* Pantry items

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

## 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.*

1



### Cook rice

- Add **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then 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.

4



### Cook pork

- Reheat the same pan over medium-high.
- When hot, add **sesame oil**, **pork** and **half the sesame seeds**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min. \*\* Season with **salt** and **pepper**.
- Add **Szechuan sauce mixture**. Cook, stirring often, until **sauce** thickens slightly, 1-2 min. (TIP: For a lighter sauce consistency, add more water, 1-2 tbsp at a time, if desired.)

2



### Prep

- Meanwhile, trim and halve **green beans**.
- Core, then cut **pepper** into ½-inch pieces.
- Roughly chop **cilantro**.
- Combine **Szechuan sauce**, **cornstarch** and **¾ cup** (1 ½ cups) **water** in a medium bowl. Whisk to combine.

5



### Finish and serve

- Stir in **half the cilantro**, **remaining sesame seeds** and **1 tbsp** (2 tbsp) **butter** into **rice**.
- Divide **sesame-cilantro rice** between bowls. Top with **veggies** and **pork**.
- Sprinkle **remaining cilantro** over top.

## Dinner Solved!

3



### Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **green beans** and **peppers**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min.
- Remove from heat, then season with **pepper** and **¼ tsp** (½ tsp) **garlic salt**.
- Transfer **veggies** to a plate, then cover to keep warm.
- Carefully wipe the pan clean.



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