

# Sticky Honey Pork Rice Bowl with Pak Choi

Family 20 Minutes · 1 of your 5 a day











Lime







Coleslaw Mix

Jasmine Rice

Pork Mince



Ginger Puree





Honey



Ketjap Manis

Soy Sauce



Pantry Items Oil, Salt, Pepper

### **CUSTOM RECIPE**

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

# Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

### Cooking tools

Kettle, garlic press, saucepan, sieve, lid and frying pan.

### Ingredients

9							
Ingredients	2P	3P	4P				
Pak Choi**	1	11/2	2				
Garlic Clove**	1	2	2				
Lime**	1/2	1	1				
Jasmine Rice	150g	225g	300g				
Pork Mince**	240g	360g	480g				
Coleslaw Mix**	120g	180g	240g				
Ginger Puree	15g	23g	30g				
Ketjap Manis 11)	50g	75g	100g				
Honey	15g	30g	30g				
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml				
Beef Mince**	240g	360g	480g				
Da arteria	00	0.0	40				
Pantry	2P	3P	4P				
Water for the Sauce*	75ml	100ml	125ml				

\*Not Included \*\*Store in the Fridge

### Nutrition

14401101011			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	391g	100g	391g	100g
Energy (kJ/kcal)	3076 /735	786/188	2850 /681	728/174
Fat (g)	26.7	6.8	20.1	5.1
Sat. Fat (g)	9.8	2.5	8.5	2.2
Carbohydrate (g)	93.3	23.8	93.0	23.8
Sugars (g)	25.6	6.5	25.3	6.5
Protein (g)	32.5	8.3	35.7	9.1
Salt (g)	3.81	0.97	3.86	0.99

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

### **Allergens**

11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

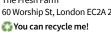
### Contact

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# **Get Prepped**

- a) Boil a full kettle.
- **b)** Trim the **pak choi**, then separate the leaves. Cut each leaf in half lengthways down the middle.
- c) Peel and grate the garlic (or use a garlic press).
- d) Cut the lime into wedges (see ingredients for amount).



### Cook the Rice

- a) Pour the boiled water into a large saucepan with 1/4 tsp salt on high heat.
- b) Add the rice and cook for 12-13 mins.
- c) Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



### Brown the Pork

- a) While the rice cooks, heat a large frying pan on medium-high heat (no oil).
- b) Once hot, add the pork mince and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.
- c) Season with salt and pepper. IMPORTANT: Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.
- **d)** Once cooked, transfer the **pork** to a bowl.

#### **CUSTOM RECIPE**

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



# Time to Stir-Fru

- a) Pop the (now empty) frying pan back on medium-high heat with a drizzle of oil if needed.
- b) Once hot, add the pak choi and coleslaw mix. Stir-fry until just tender, 4-5 mins.
- c) Add the cooked pork back into the pan.
- d) Stir in the garlic and ginger puree. Cook until fragrant, 1-2 mins.



# Sauce Things Up

- a) Add the ketjap manis, honey, soy sauce and water for the sauce (see pantry for amount) to the pan. TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.
- **b)** Cook until the **sauce** has thickened, 2-3 mins.
- c) Taste and season with salt, pepper and a squeeze of lime juice from a lime wedge, adding a splash of water if it's a little too thick.



### Serve

- a) When ready, share the **rice** between your bowls and top with the sticky honey pork.
- **b)** Serve with any remaining **lime wedges** for squeezing over.

# Enjoy!