



Quick and Easy Teriyaki Pork with Pepper and Jasmine Pea Rice

Rapid 20 Minutes • 1 of your 5 a day

15



Jasmine Rice



Peas



Bell Pepper



Garlic Clove



Pork Mince



Teriyaki Sauce



Beef Mince

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

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Peas**	120g	180g	240g
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Pork Mince**	240g	360g	480g
Teriyaki Sauce 11)	150g	225g	300g
Beef Mince**	240g	360g	480g

*Not Included **Store in the Fridge e ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	398g	100g	398g	100g
Energy (kJ/kcal)	3273 /782	823 /197	3047 /728	767 /183
Fat (g)	27.3	6.9	20.7	5.2
Sat. Fat (g)	9.7	2.4	8.5	2.1
Carbohydrate (g)	99.7	25.1	99.5	25.0
Sugars (g)	30.8	7.8	30.6	7.7
Protein (g)	35.4	8.9	38.7	9.7
Salt (g)	4.10	1.03	4.14	1.04

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

Allergens

11) Soya

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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Cook the Rice and Peas

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 12-13 mins.
- During the last 1-2 mins of cooking time, add the **peas**.
- 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.



Bring on the Pork

- Add the **pork mince** to the **pepper** and cook until browned, 5-6 mins.
- Use a spoon to break it up as it cooks, then drain and discard any excess fat.
- 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.

CUSTOM RECIPE

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



Prep Time

- While the **rice** cooks, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press).



Sauce Things Up

- Once the **pork** is browned, add the **garlic** to the pan and stir-fry for 1 min.
- Stir in the **teriyaki sauce** and cook for 1 min more.
- Taste and season with **salt** and **pepper** if needed, adding a splash of **water** if it's a little dry.



Fry the Peppers

- Heat a drizzle of **oil** in a medium frying pan on high heat.
- Once hot, add the **sliced pepper** and stir-fry until just soft, 3-4 mins.



Serve

- Fluff up the **rice** using a fork, then share between your bowls.
- Top with the **teriyaki pork stir-fry**.

Enjoy!