



Easy Peasy Pork and Mushroom Stir-Fry with Pak Choi and Zesty Rice

Super Quick 15 Minutes • **Mild Spice** • 1 of your 5 a day

44



British Pork Mince



Sliced Mushrooms



Basmati Rice



Lime



Pak Choi



Ginger, Garlic & Lemongrass Puree



Ketjap Manis



Soy Sauce



Chilli Flakes



British Beef mince

Pantry Items

Oil, Salt, Pepper, Sugar

↔ Swap to Beef Mince

If you chose to swap to beef mince, 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. Ingredients in red are hot!

Cooking tools

Kettle, frying pan, lid and saucepan.

Ingredients

Ingredients	2P	3P	4P
British Pork Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	180g
Basmati Rice	150g	225g	300g
Lime**	½	1	1
Pak Choi**	1	2	2
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	25ml	37ml	50ml
Chilli Flakes	1 pinch	1 pinch	2 pinches
British Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	369g	100g	369g	100g
Energy (kJ/kcal)	2903 /694	788 /188	2502 /598	679 /162
Fat (g)	27.2	7.4	15.4	4.2
Sat. Fat (g)	9.8	2.7	6.7	1.8
Carbohydrate (g)	80.4	21.8	80.8	21.9
Sugars (g)	17.6	4.8	17.5	4.7
Protein (g)	32.5	8.8	35.2	9.5
Salt (g)	4.78	1.30	4.73	1.28

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Fry Pork

- Boil a half-full kettle.
- Heat a frying pan on medium-high heat (no oil).
- Once hot, fry the **pork mince** and **sliced mushrooms**, 5-6 mins. Use a spoon to break up the **mince** as it cooks, then drain the fat. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

↔ Swap to Beef Mince

Cook the **beef mince** in the same way as the **pork**.



Prep Time

- Meanwhile, cut the **lime** into wedges (see ingredients). Trim the **pak choi**, then thinly slice.
- Once the **mince** has browned, stir in the **pak choi** and **ginger, garlic & lemongrass puree**. Cook, 2-3 mins.
- Stir the **ketjap, soy** and **sugar** (see pantry) into the **pork**. Bring to the boil.
- Remove from the heat and squeeze in **lime juice**.



Cook Rice

- Pour the **water** into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.



Dinner's Ready!

- Taste and season with **salt, pepper** and more **lime juice** if needed. Add a splash of **water** if it's a little thick.
- Share the **rice** between your bowls. Serve the **pork stir-fry** on top.
- Finish with a sprinkle of **chilli flakes** (add less if you'd prefer things milder) and a **lime wedge**.

Enjoy!