



Fragrant Pork and Mushroom Stir-Fry with Pak Choi and Zesty Rice

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day

14



Pork Mince



Basmati Rice



Lime



Pak Choi



Sliced Mushrooms



Ginger, Garlic &
Lemongrass Puree



Ketjap Manis



Soy Sauce



Chilli Flakes

Pantry Items

Oil, Salt, Pepper, Sugar

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, frying pan, saucepan, sieve and fine grater.

Ingredients

Ingredients	2P	3P	4P
Pork Mince**	240g	360g	480g
Basmati Rice	150g	225g	300g
Lime**	½	1	1
Pak Choi**	1	2	2
Sliced Mushrooms**	120g	180g	240g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Ketjap Manis 11	2 sachets	3 sachets	4 sachets
Soy Sauce 11 13	25ml	37ml	50ml
Chilli Flakes	1 pinch	1 pinch	2 pinches

Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	389g 2546 /609	100g 655 /157
Fat (g)	17.8	4.6
Sat. Fat (g)	6.3	1.6
Carbohydrate (g)	82.4	21.2
Sugars (g)	17.9	4.6
Protein (g)	31.2	8.0
Salt (g)	4.66	1.20

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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Fry the Pork

- Boil a full kettle.
 - Heat a large frying pan on medium-high heat (no oil).
 - 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.
- IMPORTANT:** Wash your hands and equipment after handling raw mince. The pork is cooked when no longer pink in the middle.



Add the Veg

- Add the **mushrooms** and **pak choi** to the **pork**.
- Stir-fry until the **pak choi** has softened and the **mushrooms** are browned, 3-4 mins.
- Stir in the **ginger, garlic & lemongrass puree**. Cook until fragrant, 1 min.



Cook the Rice

- When boiling, pour the **water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- 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.



Sauce Things Up

- Stir the **ketjap manis**, **soy sauce** and **sugar** (see ingredients for amount) into the **pork** and bring to the boil.
- Remove the pan from the heat and squeeze in some **lime juice**. Taste and season with **salt**, **pepper** and more **lime juice** if needed.
- Add a splash of **water** if it's a little thick.



Prep Time

- While the **rice** cooks, zest the **lime**, then cut into **wedges**.
- Trim the **pak choi**, then thinly slice widthways.



Serve

- Fluff up the **rice** with a fork and stir through the **lime zest**. Share between your bowls or plates.
- Serve the **pork stir-fry** on top.
- Finish with a sprinkle of **chilli flakes** (careful, they're hot) and a **wedge of lime** for squeezing over.

Enjoy!