



Speedy Pork and Mushroom Stir-Fry with Chinese Leaf and Zesty Rice

15 Minutes • 1 of your 5 a day

26



Pork Mince



Basmati Rice



Lime



Garlic Clove



Closed Cup
Mushrooms



Chinese Leaf



Ginger Puree



Ketjap Manis



Soy Sauce

Before you start

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

Cooking tools

Saucepan, lid, frying pan, sieve, fine grater and garlic press.

Ingredients

	2P	3P	4P
Pork Mince**	240g	360g	480g
Basmati Rice	150g	225g	300g
Lime**	½	1	1
Garlic Clove**	1	1	2
Closed Cup Mushrooms**	150g	225g	300g
Chinese Leaf**	120g	180g	240g
Ginger Puree	½ sachet	1 sachet	1 sachet
Ketjap Manis 11	2 sachets	3 sachets	4 sachets
Soy Sauce 11 13	50ml	75ml	100ml
Honey*	1 tbsp	2 tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	418g	100g
Energy (kJ/kcal)	2661/636	636/152
Fat (g)	18	4
Sat. Fat (g)	6	2
Carbohydrate (g)	89	21
Sugars (g)	23	5
Protein (g)	32	8
Salt (g)	6.21	1.48

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

11) Soya 13) 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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

Contact

Let us know what you think!

Share your creations with **#HelloFreshSnaps**

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Fry the Pork

a) Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **rice**.

b) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

c) When the **oil** is hot, add the **pork mince** and cook 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 Veggies

a) Add the **mushrooms** and **Chinese leaf** to the **pork**.

b) Stir-fry until the **Chinese leaf** has softened and the **mushrooms** are nicely browned, 3-4 mins.

c) Stir in the **garlic** and **ginger puree**. Cook until fragrant, 1 min.



Cook the Rice

a) When boiling, add the **rice** to the **water** and cook for 12 mins.

b) When cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Stir in the Sauce

a) Stir the **ketjap manis**, **soy sauce** and **honey** (see ingredients for amount) into the **pork** and bring to the boil.

b) Remove the pan from the heat and squeeze in some **lime juice**. Taste and season with **salt**, **pepper** and more **lime juice** if needed. **TIP:** *Add a splash of water to loosen if needed.*



Prep Time

a) While the **rice** cooks, zest the **lime**, then chop into **wedges**.

b) Peel and grate the **garlic** (or use a garlic press).

c) Thinly slice the **mushrooms**.



Serve

a) Fluff up the **rice** with a fork and stir through the **lime zest**. Share between your bowls or plates.

b) Serve the **pork stir-fry** on top.

c) Finish with a **lime wedge** for squeezing over.

Enjoy!

Scan to get your exact PersonalPoints™ value



23

