



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

Rapid 20 Minutes • 1 of your 5 a day

14



Pork Mince



Basmati Rice



Lime



Garlic Clove



Sliced Mushrooms



Chopped
Chinese Leaf



Ginger Puree



Ketjap Manis



Soy Sauce



Honey

Before you start

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

Cooking tools

Kettle, frying pan, saucepan, lid, sieve, zester 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
Sliced Mushrooms**	120g	180g	240g
Chopped 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)	25ml	38ml	50ml
Honey	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	389g	100g
Energy (kJ/kcal)	2625 /627	676 /161
Fat (g)	17.5	4.5
Sat. Fat (g)	6.3	1.6
Carbohydrate (g)	87.7	22.6
Sugars (g)	22.8	5.9
Protein (g)	31.2	8.0
Salt (g)	4.51	1.16

Nutrition for uncooked ingredients based on 2 person recipe.

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 drizzle of **oil** in a large frying pan on medium-high heat.
- 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 Veg

- Add the **mushrooms** and **Chinese leaf** to the **pork**.
- Stir-fry until the **Chinese leaf** has softened and the **mushrooms** are browned, 3-4 mins.
- Stir in the **garlic** and **ginger 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.
- 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 Flavour

- Stir the **ketjap manis**, **soy sauce** and **honey** into the **pork** and bring to the boil, then simmer for 2-3 mins. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.
- 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

- While the **rice** cooks, zest the **lime**, then chop into wedges.
- Peel and grate the **garlic** (or use a garlic press).



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 **wedge of lime** for squeezing over.

Enjoy!