



Sticky Pork Stir-Fry and Jasmine Rice with Cucumber Salad

Calorie Smart 20 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories

26



Jasmine Rice



Bell Pepper



Lime



Cucumber



Pork Mince



Ginger &
Lemongrass Puree



Teriyaki Sauce



Chilli Flakes

Pantry Items
Sugar

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, fine grater, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	100g	150g	200g
Bell Pepper***	1	2	2
Lime**	½	1	1
Cucumber**	½	½	1
Pork Mince**	240g	360g	480g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Teriyaki Sauce 11)	100g	150g	200g
Chilli Flakes	1 pinch	1 pinch	1 pinch

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge ***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

	Per serving	Per 100g
for uncooked ingredient	421g	100g
Energy (kJ/kcal)	2314 /553	549 /131
Fat (g)	18.6	4.4
Sat. Fat (g)	6.2	1.5
Carbohydrate (g)	69.2	16.4
Sugars (g)	23.0	5.5
Protein (g)	28.1	6.7
Salt (g)	3.20	0.76

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

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.

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Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Make the Cucumber Salad

Meanwhile, add a drizzle of **oil** and the **juice of half the lime** into a medium bowl. Season with **salt, pepper** and **sugar** (see ingredients for amount), then mix together well.

Add the **chopped cucumber** to the **dressing** and toss to coat. Set aside.



Prep the Veg

While the **rice** cooks, halve the **pepper** and discard the core and seeds. Chop into 1cm chunks.

Zest and halve the **lime**.

Trim the **cucumber** (see ingredients for amount), then quarter lengthways. Chop widthways into small pieces.



Sauce Things Up

Once the **mince** has browned, stir the **ginger, garlic & lemongrass paste** and **teriyaki sauce** into the pan.

Cook until the **sauce** has reduced and is sticky, stirring frequently, 2-3 mins. Add a splash of **water** if it gets too thick. **IMPORTANT:** The **mince** is cooked when no longer pink in the middle.



Start Stir-Frying

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

Once the **oil** is hot, add the **pork mince** and **pepper**. Fry until the **mince** has browned and the **pepper** has softened, 4-5 mins.

Use a spoon to break up the **mince** 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.



Finish and Serve

Stir the **chilli flakes** through the **stir-fry** (use less if you don't like heat), then taste and season with **salt** and **pepper** if needed.

Fluff up the **rice** with a fork, then stir through the **lime zest** and share between your bowls.

Top with the **sticky pork** and serve with the **cucumber salad** and any remaining **lime** cut into wedges for squeezing over.

Enjoy!

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