



Super Quick Pork Stir-Fry

with Shiitake Mushrooms, Chinese Leaf and Fragrant Rice

N° 17

BALANCED 15 Minutes



Pork Mince



Cardamom Pod



Basmati Rice



Shiitake
Mushrooms



Lime



Coriander



Garlic Clove



Chopped
Chinese Leaf



Easy Ginger



Ketjap Manis



Soy Sauce

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Frying Pan, Saucepan, Fine Grater (or Garlic Press) and Colander.

Ingredients

	2P	3P	4P
Pork Mince**	240g	360g	480g
Cardamom Pod	1 pot	1 pot	1 pot
Basmati Rice	150g	225g	300g
Shiitake Mushrooms**	1 punnet	2 punnets	2 punnets
Lime**	½	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	1 clove	2 cloves
Chopped Chinese Leaf**	1 bag	1½ bags	2 bags
Easy Ginger	½ sachet	1 sachet	1 sachet
Ketjap Manis 11) 13)	1 sachet	2 sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	336g	100g
Energy (kJ/kcal)	2797 /669	833 /199
Fat (g)	27	8
Sat. Fat (g)	10	3
Carbohydrate (g)	75	22
Sugars (g)	10	3
Protein (g)	32	10
Salt (g)	2.93	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya **13)** Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Start Cooking

- Fill and boil your kettle.
- Heat a splash of **oil** over high heat and add the **pork mince**.
- Cook until browned, 5 mins, breaking up with a spoon. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*



4. Add the Veggies

- Add the **mushrooms** and **Chinese leaf** to the **pork**.
- Stir-fry until the **Chinese leaf** has softened, 3-4 mins.
- Add the **garlic** and **easy ginger**, cook for one minute.

BALANCED RECIPE

Low Salt • Low Sat Fat

Featured Ingredient: *Mushrooms belong to the fungi kingdom, and are very low in calories and fat. Mushrooms are rich in B vitamins. Mushrooms are a good source of riboflavin, Pantothenic acid and folate.*



2. Cook the Rice

- Fill a saucepan with boiling **water** to cook the rice and place on high heat.
- Add the **cardamom pods** to the **water** with ¼ tsp of **salt**.
- Stir in the **rice**, and boil until tender, 12 mins.
- When cooked, drain in a sieve.



5. Stir in the Sauce

- Stir the **Ketjap Manis** and **soy sauce** into the **pork** and bring to the boil.
- Remove from the heat and squeeze in some **lime juice** to taste.
- Stir through **half** the **coriander**.
- Remove the **cardamom pods** from the drained **rice**, pop it back in the pan, then mix through the **lime zest**.



3. Prep Time

- Meanwhile, slice the **shiitake mushrooms**.
- Zest then chop the **lime** into wedges.
- Roughly chop the **coriander** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).



6. Serve

- Share the **rice** between your plates.
- Serve the **pork** alongside.
- Finish with a sprinkle of the remaining **coriander** and a wedge of **lime** for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.