

Super Quick Pork Stir-Fry

with Shiitake Mushrooms, Chinese Leaf and Fragrant Rice









Pork Mince

Cardamom Pod





Basmati Rice



Mushrooms





Coriander



Garlic Clove



Chopped Chinese Leaf



Easy Ginger



Ketjap Manis



Soy Sauce

Before you start

Our fruit, veggies and herbs need a wash before vou 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**	1/2	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

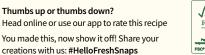
11) Soya 13) Gluten

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

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



2. Cook the Rice

- a) Fill a saucepan with boiling water to cook the rice and place on high heat.
- **b)** Add the cardamom pods to the water with 1/4 tsp of salt.
- c) Stir in the rice, and boil until tender, 12 mins.
- d) When cooked, drain in a sieve.



3. Prep Time

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



4. Add the Veggies

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



5. Stir in the Sauce

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



6. Serve

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

Enjoy!

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, Pantothenicand folate.

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.