



Sweet and Sour Pork and Rice with Pineapple and Peanuts

Rapid 20 Minutes • 1 of your 5 a day

14



Jasmine Rice



Echalion Shallot



Pork Mince



Green Pepper



Pineapple Rings



Garlic Clove



Rice Vinegar



Soy Sauce



Salted Peanuts

Pantry Items

Tomato Ketchup, 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

Kettle, saucepan, lid, sieve, frying pan, garlic press and bowl.

Ingredients

	2P	3P	4P
Jasmine Rice	150g	225g	300g
Echalion Shallot**	1	2	2
Pork Mince**	240g	360g	480g
Green Pepper**	1	2	2
Pineapple Rings	1 tin	1½ tins	1½ tins
Garlic Clove**	2	3	4
Salted Peanuts 1)	25g	40g	40g
Rice Vinegar	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	15ml	25ml	30ml
Tomato Ketchup*	4 tbsp	6 tbsp	8 tbsp
Sugar*	½ tsp	½ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	449g	100g
Energy (kJ/kcal)	2900 / 693	646 / 154
Fat (g)	23.8	5.3
Sat. Fat (g)	7.4	1.6
Carbohydrate (g)	84.8	18.9
Sugars (g)	20.5	4.6
Protein (g)	32.7	7.3
Salt (g)	2.79	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 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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1



Cook the Rice

- Boil a full kettle.
- When boiling, pour the **water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 12-13 mins.
- Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.

2



Fry the Pork

- While the **rice** cooks, halve, peel and chop the **shallot** into small pieces.
- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- When the **oil** is hot, add the **pork mince** and **shallot**. Cook until browned, 4-5 mins. Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince.
- Season with **salt** and **pepper**.

3



Finish the Prep

- Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.
- Remove the **pineapple** from the tin (see ingredients for amount), keeping all the **juice** for later. Cut into small chunks.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **peanuts**.

4



Make the Sauce

- Pour the **pineapple juice** into a small bowl.
- Add the **rice vinegar**, **soy**, **ketchup** and **sugar** (see ingredients for both amounts).
- Stir to combine, then set aside.

5



Time to Stir-Fry

- Add the **pepper** and **garlic** to the **mince** pan. Cook until softened slightly, 4-5 mins.
- Stir in the **sauce** and **chopped pineapple**, then bring to the boil. Cook until slightly thickened, stirring frequently, 3-5 mins.
- Remove from the heat. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Taste and season with **salt** and **pepper** if needed.

6



Serve

- Fluff up the **rice** with a fork, then share between your bowls.
- Top with the **sweet and sour pork**, spooning over all the **sauce** from the pan.
- Finish with a sprinkling of **peanuts**.

Enjoy!