



Thai Style Pork Rice Bowl

with Tenderstem® Broccoli, Coriander and Rice

Classic Eat Me Early • 30-35 Minutes • Mild Spice • 1 of your 5 a day

3



Basmati Rice



Echalion Shallot



Garlic Clove



Red Chilli



Tenderstem® Broccoli



Pork Mince



Ketjap Manis



Soy Sauce



Coriander



Beef Mince

Recipe Update

Due to quality issues with **green beans**, you'll instead receive **Tenderstem® broccoli**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Saucepan, lid, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Echalion Shallot**	1	2	2
Garlic Clove**	2	3	4
Red Chilli**	½	¾	1
Tenderstem® Broccoli**	150g	200g	300g
Pork Mince**	240g	360g	480g
Ketjap Manis 11	2 sachets	3 sachets	4 sachets
Soy Sauce 11 13	25ml	37ml	50ml
Coriander**	1 bunch	1 bunch	1 bunch
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2966 /709	834 /199
Fat (g)	27.1	7.6
Sat. Fat (g)	9.9	2.8
Carbohydrate (g)	83.7	23.6
Sugars (g)	19.8	5.6
Protein (g)	35.3	9.9
Salt (g)	4.41	1.24

Custom Recipe for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2782 /665	773 /185
Fat (g)	21.2	5.9
Sat. Fat (g)	9.0	2.5
Carbohydrate (g)	84.5	23.2
Sugars (g)	19.6	5.4
Protein (g)	39.5	11.0
Salt (g)	4.47	1.24

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Cook the Rice

Pour the **water for the rice** (see pantry 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).



Fry the Mince

Add the **pork mince** to the pan and stir-fry 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 mince is cooked when no longer pink in the middle.*

Add the **shallot, garlic** and as much **chilli** as you'd like (add less if you'd prefer things milder). Cook until the **veg** has softened, another 2-3 mins.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Prep Time

Meanwhile, halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press).

Halve the **red chilli** lengthways, deseed and finely chop.

Chop the **Tenderstem® broccoli** into thirds.



Bring Back the Broc

Return the **broccoli** to the pan.

Add the **ketjap manis** and **soy sauce**, then stir everything together until piping hot.

Remove the pan from the heat. Add a splash of **water** if it's a little dry.



Stir-Fry the Tenderstem® Broccoli

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

Once the **oil** is hot, add the **Tenderstem®** and stir-fry for 2-3 mins. Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 2-3 mins more. Season with **salt** and **pepper**.

When cooked, transfer to a plate. Keep the pan on high heat.



Finish and Serve

Roughly chop the **coriander** (stalks and all). Mix **two thirds** of the **coriander** into the **stir-fry**.

Fluff up the **rice** with a fork and share between your bowls.

Top with your **stir-fry** and sprinkle over the remaining **coriander**.

Enjoy!