



# Thai-Style Pork Rice Bowl

with Green Beans and Rice

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

3



Basmati Rice



Echalion Shallot



Garlic Clove



Red Chilli



Spring Onion



Green Beans



Pork Mince



Ketjap Manis



Soy Sauce

## Before you start

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

## Cooking tools, you will need:

Measuring Jug, Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Bowl.

## Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Echalion Shallot**	1	2	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Red Chilli**	½	¾	1
Spring Onion**	2	3	4
Green Beans**	150g	200g	300g
Pork Mince**	240g	360g	480g
Ketjap Manis <b>11</b> <b>13</b> )	2 sachets	3 sachets	4 sachets
Soy Sauce <b>11</b> <b>13</b> )	1 sachet	1 ½ sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	368g	100g
Energy (kJ/kcal)	2619 /626	712 /170
Fat (g)	18	5
Sat. Fat (g)	6	2
Carbohydrate (g)	82	22
Sugars (g)	20	5
Protein (g)	32	9
Salt (g)	1.86	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**11**) Soya **13**) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

Thumbs up or thumbs down?

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HelloFresh UK

Packed in the UK

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 You can recycle me!



## Cook the Rice

Pour the **water** for the **rice** (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



## Prep the Veggies

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. Trim and thinly slice the **spring onion**. Trim the **green beans** then chop into thirds.



## Stir-Fry the Green Beans

Heat a splash of **oil** in a frying pan on high heat. Once hot, add the **green beans** and stir-fry until tender, about 5-6 mins. When cooked, transfer to a plate.



## Cook the Mince

Keep the pan on high heat and add another splash of **oil** if the pan is dry. Add the **pork mince** and stir-fry until browned, breaking it up with a wooden spoon as it cooks, 6-8 mins. When the **pork** is cooked, drain off any excess oil, add the **shallot**, **garlic**, **spring onion** and as much **chilli** as you dare. Cook until the **veggies** are softened, another 2-3 mins.



## Bring Back the Beans

Return the **green beans** to the pan. Add the **ketjap manis** and **soy sauce** and stir everything together. **Tip:** If the mixture is a little dry, add a splash of **water**. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Finish and Serve

Remove the pan from the heat. Fluff up the **rice** with a fork and share between your bowls. Top with the **pork stir-fry** and get stuck in. Super tasty. Or, as they say in Thailand, Aloy mak.

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.