



THAI STYLE STICKY PORK

with Veggie Rice



HELLO PEANUT

Peanuts are actually not nuts but legumes!



Basmati Rice



Carrot



Spring Onion



Salted Peanuts



Lime



Pork Loin Steak



Easy Ginger



Ketjap Manis



Soy Sauce



Honey

MEAL BAG
1

20 mins

2 of your 5 a day

Rapid recipe

Tonight's twenty minute recipe is an explosion of fresh flavours and one that you'll be coming back to time and time again. Stir fried pork is coated in a glossy marinade of ginger, honey, soy sauce, ketjap manis and fresh lime juice and served over a warm and nourishing rice salad. For added texture and flavour, finish off with chopped peanuts, spring onions and a good squeeze of lime.

GET **PREPARED!**

Fill and boil your **Kettle**.

BEFORE YOU START

🔌 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Saucepan** (with a **Lid**), **Sieve**, **Coarse Grater**, **Fine Grater** and **Large Saucepan**. Let's start cooking the **Thai Style Sticky Pork with Veggie Rice!**



1 COOK THE RICE

- Pour the boiling **water** into a large saucepan and bring back to the boil on high heat.
- When boiling, add the **rice** and cook for 8-10 mins, then drain in a sieve and set aside.



2 DO THE PREP

- Meanwhile, trim the **carrot** then grate on the coarse side of your grater (no need to peel).
- Trim the **spring onion** then finely slice. Roughly chop the **peanuts**. Zest the **lime** then chop into wedges.
- Chop the **pork** into 2cm chunks. **! IMPORTANT:** Remember to wash your hands after handling raw meat.



3 MAKE THE SAUCE

- In a small bowl, stir together the **easy ginger**, **ketjap manis**, **soy sauce**, **honey** and the **juice** of **half** the **lime**. Set aside.



4 FRY THE PORK

- Heat a splash of **oil** in a large frying pan on high heat.
- When hot, add the **pork** and stir-fry until browned all over, 4-5 mins.



5 GLAZE IT UP

- Lower the heat to medium then pour the sauce into the pan.
- Cook, coating the **pork** in the sticky sauce, for 2-3 mins. **! IMPORTANT:** The pork is cooked when it is no longer pink in the middle.
- Meanwhile, in a large bowl gently toss together the **rice**, **lime zest**, **carrot**, **half** the **spring onion** and **half** the **peanuts**. Season to taste with **salt** and **pepper** if needed.



6 SERVE

- Serve the **sticky pork** on top of the **veggie rice**.
- Finish by pouring any **sauce** left in the pan over the top and scattering over the remaining **peanuts** and **spring onion**.
- Top with the remaining **lime wedges**.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Basmati Rice	150g	225g	300g
Carrot	1	1½	2
Spring Onion	2	3	4
Salted Peanuts 1)	1 small bag	1 large bag	2 small bags
Lime	1	1½	2
Pork Loin Steak	2	3	4
Easy Ginger	1 sachet	1½ sachets	2 sachets
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 360G	PER 100G
Energy (kcal)	668	186
(kJ)	2795	777
Fat (g)	20	6
Sat. Fat (g)	6	2
Carbohydrate (g)	83	23
Sugars (g)	20	6
Protein (g)	38	11
Salt (g)	3.27	0.91

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 11) Soya 13) Gluten

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

👍 THUMBS UP OR THUMBS DOWN?

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