



Thai-Spiced Pork

with Ginger-Coconut Rice & Roasted Peanuts

Grab your Meal Kit
with this symbol



Ginger Lemongrass
Paste



Coconut Milk



Basmati Rice



Green Beans



Carrot



Lemon



Pork Strips



Thai Seven
Spice Blend




Sweet Chilli
Sauce



Roasted Peanuts



Beef
Strips

 Hands-on: **20-30 mins**
Ready in: **30-40 mins**

 Naturally Gluten-Free
Not suitable for coeliacs

It's a good thing this Thai dish is quick and easy to make, because it smells so amazing as it cooks that it's tempting to eat it straight from the pan! But it's worth the wait, especially for the ginger-coconut rice which has got to be the tastiest accompaniment around.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Soy Sauce (or Gluten-Free Tamari Sauce)

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid • Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
ginger		
lemongrass paste	1 packet	2 packets
coconut milk	1 medium tin	1 large tin
water* (for the rice)	¾ cup	1½ cups
basmati rice	1 medium packet	1 large packet
green beans	1 bag (200g)	1 bag (400g)
carrot	1	2
lemon	½	1
pork strips	1 small packet	1 medium packet
Thai seven spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
water* (for the veggies)	2 tbs	¼ cup
sweet chilli sauce	1 packet (50g)	1 packet (100g)
soy sauce* (or gluten-free tamari sauce)	2 tsp	1 tbs
roasted peanuts	1 medium packet	1 large packet
beef strips**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3763kJ (899Cal)	624kJ (149Cal)
Protein (g)	42g	7g
Fat, total (g)	38g	6.3g
- saturated (g)	18.9g	3.1g
Carbohydrate (g)	89.7g	14.9g
- sugars (g)	23.7g	3.9g
Sodium (mg)	2144mg	356mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3763kJ (899Cal)	651kJ (155Cal)
Protein (g)	47.8g	8.3g
Fat, total (g)	35.4g	6.1g
- saturated (g)	17.8g	3.1g
Carbohydrate (g)	88.9g	15.4g
- sugars (g)	23g	4g
Sodium (mg)	1477mg	256mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1



Cook the ginger-coconut rice

In a medium saucepan, melt the **butter** over a medium heat. Add the **ginger lemongrass paste** and cook until fragrant, **1 minute**. Add the **coconut milk**, **water (for the rice)** and a generous pinch of **salt** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

4



Cook the pork

Heat a drizzle of **olive oil** in a large frying pan over a high heat. Cook the **pork**, tossing, until browned and cooked through, **2 minutes**. Transfer to a plate.

CUSTOM RECIPE

When the oil is hot, cook the beef until browned and cooked through, 1-2 minutes.

2



Get prepped

While the rice is cooking, trim the **green beans** and cut into thirds. Thinly slice the **carrot**. Slice the **lemon** into wedges.

5



Cook the veggies

Return the frying pan to a medium-high heat. Add the **green beans**, **carrot** and the **water (for the veggies)** and cook, tossing, until just tender, **3-4 minutes**. In the last minute of cooking time, add the **sweet chilli sauce**, **soy sauce** and **pork strips** to the pan and toss to coat.

3



Flavour the pork

In a medium bowl, combine the **pork strips**, **Thai seven spice blend** and the **salt**.

CUSTOM RECIPE

Combine the beef strips and spice blend as above.

6



Serve up

Divide the ginger-coconut rice between bowls. Top with the Thai-spiced pork and veggies. Garnish with the **roasted peanuts** and serve the lemon wedges on the side.

Enjoy!