



THAI PORK STIR-FRY

with Green Beans and Bell Peppers over Rice



HELLO

MINT AND GINGER

A powerful pair of aromatics to pump up the flavor of pork and veggies

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 630



Basmati Rice



Ginger



Scallions



Mint



Soy Sauce
(Contains: Soy)



Green Beans



Garlic



Red Bell Peppers



Ground Pork



Honey

START STRONG

Make sure to remove any stems from the green beans. You can quickly trim them by lining the stem ends up in a row and cutting them off with one slice.

BUST OUT

- Small pot
- Peeler
- Large pan
- Oil (8 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|--------------------|----------|
| • Green Beans | 12 oz |
| • Ginger | 1 Thumb |
| • Garlic | 2 Cloves |
| • Scallions | 2 |
| • Red Bell Peppers | 2 |
| • Mint | ¼ oz |
| • Basmati Rice | 1 Cup |
| • Ground Pork | 16 oz |
| • Soy Sauce | 4 TBSP |
| • Honey | 4 tsp |

HELLO WINE



PAIR WITH
The Descent Valle Central
Merlot, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREP

Wash and dry all produce. Bring **1½ cups water** and a pinch of **salt** to a boil in a small pot. Halve **green beans**. Peel **ginger**, then mince until you have 1 TBSP. Trim **scallions** and cut into 1-inch pieces. Mince **garlic**. Core, seed, and thinly slice **peppers**. Pick **mint leaves**; coarsely chop until you have 1 TBSP.



4 COOK AROMATICS

Lower heat under pan to medium and add **4 tsp oil**. Add **garlic** and **ginger** and toss until fragrant, 1-2 minutes.



2 COOK RICE

Once water is boiling, add **rice** to pot. Cover, lower heat, and reduce to a simmer. Cook until tender, 15-20 minutes. Remove from heat and keep covered.



5 MAKE STIR-FRY

Increase heat to medium-high and add **pork**. Break up meat into pieces with spatula or wooden spoon. Cook until browned and crisp at edges, 5-6 minutes. Toss in **veggies**, **soy sauce**, and **honey**. Season with **salt** and **pepper**.



3 COOK VEGGIES

Heat **4 tsp oil** in a large pan over high heat. Add **green beans**, **bell peppers**, and **scallions**. Toss until softened and starting to brown, 4-5 minutes. Season with **salt** and **pepper**. Remove from pan and set aside.



6 FINISH AND PLATE

Remove pan from heat and stir in half the **mint**. Fluff **rice** with a fork. Divide rice between plates and top with stir-fry. Garnish with remaining mint, if desired.



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