



Sticky Pork Stir-Fry and Jasmine Rice

with Pickled Cucumber Salad

44

Classic 20 Minutes • Mild Spice • 1 of your 5 a day



Jasmine Rice



Bell Pepper



Cucumber



Pork Mince



Rice Vinegar



Ginger, Garlic & Lemongrass Puree



Teriyaki Sauce



Chilli Flakes



Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to swap or upgrade your 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, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	100g	150g	200g
Bell Pepper***	1	2	2
Cucumber**	½	½	1
Pork Mince**	240g	360g	480g
Rice Vinegar	15ml	15ml	30ml
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Teriyaki Sauce 11)	100g	150g	200g
Chilli Flakes	1 pinch	1 pinch	1 pinch
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for Pickling*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	388g	100g	388g	100g
Energy (kJ/kcal)	2638 /631	680 /163	2412 /577	622 /149
Fat (g)	27.8	7.2	21.2	5.5
Sat. Fat (g)	9.9	2.5	8.6	2.2
Carbohydrate (g)	65.1	16.8	64.8	16.7
Sugars (g)	20.7	5.3	20.5	5.3
Protein (g)	30.2	7.8	33.4	8.6
Salt (g)	3.22	0.83	3.26	0.84

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

Allergens

11) Soya

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

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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).



What a Pickle

Meanwhile, in a medium bowl, combine the **rice vinegar** and **sugar for pickling** (see pantry for amount).

Season with **salt** and **pepper**, then add the **chopped cucumber**. Mix together well, then set aside to pickle.



Prep the Veg

While the **rice** cooks, halve the **bell pepper** and discard the core and seeds. Chop into 1cm pieces.

Trim the **cucumber** (see ingredients for amount), then halve lengthways. Cut lengthways into roughly 1cm wide strips, then cut into 1cm pieces widthways.



Sauce Things Up

Once the **mince** has browned, stir in the **ginger**, **garlic & lemongrass paste** and **teriyaki sauce**.

Cook until the **sauce** has reduced, stirring frequently, 2-3 mins. **IMPORTANT: The mince is cooked when no longer pink in the middle.**

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it gets a little too thick.



Stir-Fry the Mince and Pepper

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

Once hot, add the **pork mince** and **pepper chunks**. Fry until the **mince** has browned and the **pepper** has softened, 4-5 mins.

Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT: Wash your hands and equipment after handling raw mince.**

CUSTOM RECIPE

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



Finish and Serve

Stir the **chilli flakes** through the **pork stir-fry** (add less if you'd prefer things milder).

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

Top with the **sticky pork** and serve with the **pickled cucumber** alongside.

Enjoy!