



ASIAN PORK STIR-FRY

with Coconutty Rice



HELLO COOKBOOK

Our brand NEW cookbook 'Recipes That Work' is available to buy now on Amazon!



Basmati Rice



Pork Strips



Cornflour



Carrot



Green Pepper



Ketchup



Soy Sauce



Coconut Powder



Rice Vinegar

Quick, delicious and easy to prep, this sizzling Asian-style stir-fry will be on the table in 30 minutes flat. Coating the pork strips in cornflour not only helps to tenderise the meat but it also adds a beautiful shiny gloss to the sauce. Bursting with fresh zingy flavours and packed with fresh good-for you ingredients, this recipe is guaranteed to take your stir-fry game to the next level.

30 mins

1.5 of your 5 a day

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**), **Mixing Bowl** and **Frying Pan**. Now, let's get cooking!



1 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan over medium-high heat. Tip in the **basmati rice**, bring to the boil, reduce the heat to medium and cover with a lid. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. **★ TIP:** *The rice will finish cooking in its own steam.*



2 GET PREPPED

Meanwhile, pop the **pork strips** into a mixing bowl with the **cornflour** and a pinch of **salt** and **black pepper**. Mix well. Set aside. **❗ IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat!* Remove the top and bottom from the **carrot** (no need to peel!), halve lengthways and slice into thin half moons. Halve, then remove the core from the **pepper** and cut into thin slices. In a small bowl, stir together the **ketchup**, **soy sauce**, **rice vinegar** and **water** (see ingredients for amount).



3 STIR-FRY THE PORK

Heat a drizzle of **oil** in a frying pan on high heat. Once hot, add the **pork** and stir-fry until golden all over, 3-4 mins. Add the **carrot** and **pepper** and cook until slightly softened, another 2 mins.



4 MAKE THE SAUCE

Lower the heat, then pour the **sauce** into the pan. Bring to a simmer and cook, stirring, until the **pork** is cooked through and the **sauce** is thick and glossy, 3-4 mins. **❗ IMPORTANT:** *The pork is cooked when it is no longer pink in the middle.* If it gets a bit dry just add a splash of water!



5 FINISH THE RICE

Fluff up the **rice** with a fork and gently stir through the **coconut powder**.



6 SERVE

Serve the **coconutty rice** in bowls topped with the **pork stir-fry**. **Enjoy!**

2 PEOPLE INGREDIENTS

Water for the Rice*	300ml
Basmati Rice	150g
Pork Strips	280g
Cornflour	1 tbsp
Carrot, sliced	1
Green Pepper, sliced	1
Ketchup 10)	1 sachet
Water for the Sauce*	50ml
Soy Sauce 11) 13)	1½ tbsp
Rice Vinegar	1 tbsp
Coconut Powder	50g

*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 417G	PER 100G
Energy (kcal)	813	195
(kJ)	3400	815
Fat (g)	27	6
Sat. Fat (g)	17	4
Carbohydrate (g)	84	20
Sugars (g)	15	4
Protein (g)	59	14
Salt (g)	2.78	0.66

ALLERGENS

10) Celery **11)** Soya **13)** Gluten

Soy Sauce: Water, **Soy** beans, **Wheat**, Salt, Sodium Benzoate.

Coconut Powder: Coconut Milk Solids, Maltodextrin, Modified Food Starch.

Ketchup: Tomatoes (200g in 100g ketchup), Unrefined Raw Cane Sugar, Spirit Vinegar, Cornflour, Sea Salt, Garlic Powder, Onion Powder, Seasoning (Salt, Spice Extracts [Contains **Celery**], Onion Extract)

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

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK

