



Dinner: Hoisin Pork Stir-Fry with Charred Peppers

Lunch: Hoisin Pork and Cucumber Wraps













Nº 20

DINNER TO LUNCH 40 Minutes • 2.5 of your 5 a day

DINNER



LUNCH

-  Red Pepper
-  Onion
-  Spring Onion
-  Cucumber
-  Mangetout
-  Basmati Rice
-  Pork Mince
-  Coriander
-  Hoisin Sauce
-  Soy Sauce
-  Salted Peanuts
-  Wholemeal Tortillas

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Baking Tray, Measuring Jug, Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Red Pepper**	2	3	3
Onion**	1	1½	2
Spring Onion**	2	2	2
Cucumber**	½	½	½
Mangetout**	1 small pack	1 large pack	1 large pack
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Pork Mince**	480g	600g	720g
Coriander**	1 bunch	1 bunch	1 bunch
Hoisin Sauce 3 11 13)	3 sachets	4 sachets	5 sachets
Soy Sauce 11 13)	1 sachet	2 sachets	2 sachets
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot
Wholemeal Tortillas 13)	4	4	4

*Not Included ** Store in the Fridge

Nutrition

Dinner	Per serving	Per 100g
for uncooked ingredients	495g	100g
Energy (kJ/kcal)	3617/ 860	731/ 174
Fat (g)	42	9
Sat. Fat (g)	8	2
Carbohydrate (g)	77	15
Sugars (g)	11	2
Protein (g)	38	8
Salt (g)	2.42	0.49
Lunch	Per serving	Per 100g
for uncooked ingredients	492g	100g
Energy (kJ/kcal)	3002/ 716	610/ 146
Fat (g)	26	5
Sat. Fat (g)	6	1
Carbohydrate (g)	79	16
Sugars (g)	14	3
Protein (g)	39	8
Salt (g)	3.54	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 3) Sesame 11) Soya 13) Gluten

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.



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1. Get Prepped

Preheat your oven to 220°C. Halve the **pepper**, remove the core and seeds, thinly slice. Pop the **peppers** on a baking tray in a single layer. Drizzle over a little **oil** and season with **salt** and **pepper**. Toss to coat evenly. Halve, peel and thinly slice the **onion**. Trim the **spring onions** and thinly slice. Quarter the **cucumber**, remove the seeds and chop into batons about the size of your index finger. Halve the **mangetout** lengthways.



4. Finish Off

Once the **mince** is browned and **onion** softened, pour in the **hoisin sauce** and **soy sauce** along with the **water** (see ingredient list for amount) and **half** the **coriander**. Bring to a simmer, reduce the heat to medium high and bubble away until sticky, 2-3 mins. Spoon 2 portions of the **mixture** into a bowl and leave to the side to cool. Add the **mangetout** to the remaining **mince** in the pan and stir fry until it is tender, 3-4 mins. Add a splash of **water** if it's looking a little dry.



2. Rice and Peppers

Pour the **water** for the rice (see ingredients for amount) into a saucepan, bring to the boil. When boiling, add ¼ tsp of **salt** and stir in the **rice**, lower the heat to medium and cover with a lid. Cook for 10 mins, then remove from the heat (still covered), leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam). Meanwhile, roast the **peppers** on the top shelf of your oven until softened and slightly charred, 12-15 mins.



5. Serve

Taste the **mince mixture** and season with **black pepper** if you feel it needs it. Fluff up the **rice** with a fork and serve in bowls. Top with the **hoisin pork**. Reserve 2 portions of **peppers** for your lunch, then divide the rest between the top of the **pork**. Sprinkle over the **coriander** and **peanuts**.

Enjoy!



3. Start the Mince

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium high heat. Once hot, add the **pork mince**. Cook until browned, 6-7 mins, break it up with a wooden spoon as it cooks. **IMPORTANT: The mince is cooked when it is no longer pink in the middle.** Once browned, add the **onion**. Cook until softened, 5-6 mins. Stir occasionally. While the mince cooks, roughly chop the **coriander** (stalks and all!).

LUNCH FOR TWO



6. Make the Lunch

When you are ready to pack your lunch, add the **spring onion** to the bowl with the reserved **Hoisin pork** and stir together. Put the **wraps** on a board (you get 2 wraps each) and divide the reserved **pork mixture** down the middle. Top with the **cucumber batons** and reserved **peppers**. Roll up, wrap in foil and refrigerate. Enjoy cold! **TIP: Roll your wrap just before eating for maximum freshness.**

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.