



# Thai Larb Style Pork Salad with Rice

**CLASSIC** 35 Minutes • Medium Heat • 1.5 of your 5 a day

Nº 21



Basmati Rice



Baby Gem Lettuce



Cucumber



Shallot



Ginger



Garlic Clove



Mint



Lime



Salted Peanuts



Pork Mince



Thai Spice Blend



Ketjap Manis



Soy Sauce



Honey



Coriander



Beef Mince



## CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy Cooking!



## Before you start

### Basic cooking tools you will need:

Measuring Jug, Saucepan, Fine Grater (or Garlic Press), Large Frying Pan and Mixing Bowl.

### Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Baby Gem Lettuce**	1	2	2
Cucumber**	½	¾	1
Shallot**	1	1	2
Ginger**	½	¾	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Mint**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Salted Peanuts <b>1)</b>	1 small pot	1 large pot	1 large pot
Pork Mince**	240g	360g	480g
Beef Mince**	240g	360g	480g
Thai Spice Blend <b>3)</b>	½ pot	¾ pot	1 pot
Ketjap Manis <b>11)</b>	1 sachet	2 sachets	2 sachets
Soy Sauce <b>11)</b>	1 sachet	1 sachet	2 sachets
Honey	1 sachet	1 sachets	2 sachets
Coriander	1 bunch	1 bunch	1 bunch

\*Not Included \*\* Store in the Fridge

**Custom Recipe:** Not sure what this is about? Let us explain. We're currently trialing something exciting to make your dinners even more delicious and will be offering Custom recipes to all our customers very soon!

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	443g	100g
Energy (kJ/kcal)	3251 / 777	734 / 176
Fat (g)	34	8
Sat. Fat (g)	11	3
Carbohydrate (g)	81	18
Sugars (g)	18	4
Protein (g)	36	8
Salt (g)	2.79	0.63
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
for uncooked ingredients	443g	100g
Energy (kJ/kcal)	2954 / 706	667 / 160
Fat (g)	26	6
Sat. Fat (g)	9	2
Carbohydrate (g)	81	18
Sugars (g)	18	4
Protein (g)	36	8
Salt (g)	2.72	0.62

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. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



## 2. Get Prepped!

Meanwhile, trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways. Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Halve, peel and thinly slice the **shallot**. Peel and grate the **ginger**. Peel and grate the **garlic** (or use a garlic press). Pick the **mint leaves** from the stalks. Zest and halve the **lime**. Roughly chop the **peanuts**.



## 3. Cook the Meat

Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **pork mince** and cook until browned, 4-5 mins. Use a wooden spoon to break it up as it cooks. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle. Add the sliced **shallot** and **Thai spice blend** (see ingredients for amount) and stir fry for a further 2-3 mins. Add the **ginger** and **garlic**, stir fry for a further one minute. Add the **ketjap manis** with a splash of **water**, stir and simmer until glazed, one minute. Cover to keep warm while you make the **salad**.



### CUSTOM RECIPE

If you've chosen **beef** instead of pork, cook the **beef** in the same way the recipe tells you to cook the **pork** in the step above.



## 4. Make the Dressing

In the meantime, mix the **soy sauce**, **honey** and the juice from the **lime** together in a large bowl. Set to one side.



## 5. Make the Salad

Pop the **lettuce**, **cucumber**, **mint leaves** and **coriander** (keep the **coriander** whole, stalks and all) into a large bowl. Pour over the **dressing** and toss to coat.



## 6. Serve

Reheat the **mince mixture** if you need to. Gently fluff your **rice**, stir in the **lime zest** and divide the **rice** between bowls and top with the **mince**. Sprinkle over the **peanuts**. Serve with the **salad** alongside - to get the most enjoyment, eat the **salad**, **mince** and **rice** all together!

Enjoy!