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## Thai Moo Pad Krapow

This tasty Thai dish ticks all our culinary boxes: quick, healthy and delicious! This recipe uses some traditional Thai ingredients that may be new to your kitchen, particularly Thai Basil. We love Thai Basil as it cools the fiery chilli, adds beautiful colour and an interesting, authentic flavour.



35 mins



spicy



1 of your  
5 a day



healthy



Water (350ml)



Basmati rice  
(175g)



Echalion Shallot  
(1)



Garlic Clove  
(2)



Red Chilli  
(1 tsp)



Spring Onion  
(2)



Green Beans  
(1 pack)



Pork Mince  
(300g)



Ketjap Manis  
(1½ tbsp)



Soy Sauce  
(1½ tbsp)



Fish Sauce  
(1½ tsp)



Thai Basil  
(½ bunch)

## 2 PEOPLE INGREDIENTS

- Water
- Basmati Rice
- Echalion Shallot, chopped
- Garlic Clove, chopped
- Red Chilli, chopped
- Spring Onion, chopped

**350ml**  
**175g**  
**1**  
**2**  
**1 tsp**  
**2**

- Green Beans, halved
- Pork Mince
- Ketjap Manis
- Soy Sauce
- Fish Sauce
- Thai Basil, torn

**1 pack**  
**300g**  
**1½ tbsp**  
**1½ tbsp**  
**1½ tsp**  
**½ bunch**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Pad Krapow is the name for a spicy, Asian, stir-fry with Thai Basil, 'Krapow' in Thai, as the star ingredient!

**Allergens:** Soya, Gluten, Fish.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	547 kcal / 2302 kJ	15 g	6 g	67 g	10 g	37 g	2 g
<b>Per 100g</b>	126 kcal / 532 kJ	3 g	1 g	16 g	2 g	8 g	0 g

**Soy Sauce:** Water, Soybeans, Wheat, Salt.

**Fish Sauce:** Anchovies Extract (**Fish**) (Water, Anchovy (**Fish**)), Salt, Sugar.



**1** Boil a pot of **water** (amount specified in the ingredient list) with a good pinch of **salt** and pour in the **rice**. Turn the heat to the lowest setting, place a lid on the pot and leave for 10 mins. Take off the heat and leave for another 10 mins. **Tip:** *To make sure the rice is perfect don't touch the lid until 20 mins are up!*

**2** Peel and finely chop the **shallot** and the **garlic**. Finely chop as much of the **red chilli** as you dare. **Tip:** *If you can mash all these ingredients under the flat of a knife or whizz them in a processor all the better for the flavours.* Finely chop the **spring onion**.

**3** Cut the tops and bottoms off the **green beans** (this is called 'top and tailing!'), then cut them in half. Heat a splash of **oil** in a frying pan on high heat. Once hot add your **green beans** to the pan and stir-fry for a couple of mins. Remove to a plate for later.

**4** Add the **pork mince** to the now empty pan and cook for 6-8 mins. Break it up with a wooden spoon as it cooks. Once your **pork** is browned and cooked through, add your **shallot, garlic, chilli** and **spring onion** and cook for 2-3 mins. **Tip:** *The pork is cooked when it is no longer pink in the middle.*

**5** Add your **green beans, ketjap manis, soy sauce** and **fish sauce** and stir everything together. **Tip:** *If the mixture is a little dry add a splash of water.* Taste and add **salt** if necessary. **Tip:** *At this point, if you want to go super authentic, fry an egg until it's crispy around the edges, with a nice runny yolk, ready to place on top of the dish once served.*

**6** Take your **pork mixture** off the heat and stir through a few torn **thai basil leaves**. Serve with your **rice** and get stuck in. Aloy mak! (That's 'super tasty' in Thai!).



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