



NOV
2016

Pork Larb Over Jade Rice

with Crispy Green Beans and Crushed Peanuts

Green beans won't be the only green item on your plate tonight. We put our own spin on larb, a spicy meat salad popular in Laos and Thailand, by serving ground pork over green jade rice. The secret to its stunning hue? Bamboo juice. It lends a floral aroma and magazine-worthy finish to this unique dish.



Prep: 15 min
Total: 35 min



level 1



gluten
free



dairy
free



Shallot



Garlic



Thai
Chili



Basil



Lime



Peanuts



Jade
Rice



Green
Beans



Ground
Pork



Sesame
Oil

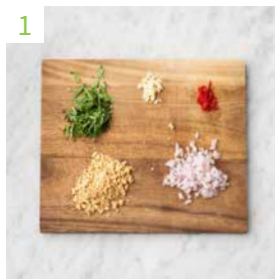


Soy
Sauce

| Ingredients | 2 People | 4 People | *Not Included |
|--|-----------|----------|------------------------------------|
| Shallot | 1 | 2 | Allergens |
| Garlic | 2 Cloves | 4 Cloves | 1) Peanuts |
| Thai Chili  | 1 | 2 | 2) Soy |
| Basil | ½ oz | ½ oz | |
| Lime | 1 | 1 | |
| Peanuts | 1) 1 oz | 2 oz | |
| Jade Rice | ¾ Cup | 1 ½ Cups | |
| Green Beans | 6 oz | 12 oz | |
| Ground Pork | 10 oz | 20 oz | |
| Sesame Oil | 1 TBSP | 2 TBSP | Tools |
| Soy Sauce | 2) 1 TBSP | 2 TBSP | Small pot, Baking sheet, Large pan |
| Sugar* | ½ tsp | 1 tsp | |
| Oil* | 2 tsp | 4 tsp | |

Nutrition per person Calories: 728 cal | Fat: 32 g | Sat. Fat: 7 g | Protein: 43 g | Carbs: 73 g | Sugar: 8 g | Sodium: 426 mg | Fiber: 8 g

1



1 Preheat and prep: Wash and dry all produce. Preheat oven to 400 degrees. In a small pot, bring **1½ cups salted water** to a boil. Halve, peel, and finely chop **shallot**. Mince **garlic**. Roughly chop half the **basil leaves**. Halve **lime**. Crush **peanuts** inside the bag with a mallet or heavy pan. Mince **Thai chili**, removing ribs and seeds if you prefer less heat. **HINT:** Wash hands directly afterwards to avoid burning.

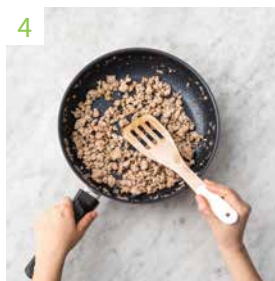
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2 Cook rice: Add **rice** to boiling **water**, cover, and simmer until tender, 13-15 minutes.

3 Roast green beans: Trim **green beans** and toss on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast until slightly crispy, about 12 minutes.

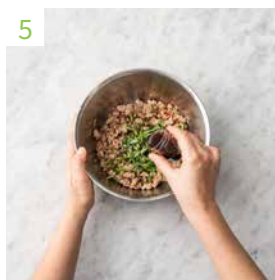
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4 Start larb: Heat a drizzle of **oil** in a large pan over medium heat. Add **shallots**, **garlic**, and as much **Thai chili** as you like (**TIP:** Add a little and go up from there). Toss until softened and fragrant, about 3 minutes. Add **pork** and increase heat to high. Break up meat into tiny pieces until browned, 4-5 minutes. (**TIP:** You'll want pieces broken up as small as possible for maximum flavor in every bite!) Season with **salt** and **pepper**.

5 Finish larb: Remove pan from heat. Stir in **sesame oil**, **1 TBSP soy sauce**, **chopped basil**, and **½ tsp sugar**. Season with **salt** and **pepper**. Stir in a squeeze of **lime**, to taste.

5



6 Plate: Serve **pork larb** on a bed of **jade rice** with crispy **green beans**. Sprinkle with crushed **peanuts** and remaining **basil**. (**TIP:** Tear any larger leaves.) Enjoy!

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