



THAI PORK STIR-FRY

with Green Beans and Bell Peppers over Rice



HELLO
MINT AND GINGER
An aromatic and refreshing duo that pumps up this stir-fry's flavor



Ginger



Scallions



Mint



Soy Sauce
(Contains: Soy)



Honey



Green Beans



Garlic



Red Bell Peppers



Basmati Rice



Ground Pork

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 670**

START STRONG

Mint can have strong flavor that might not appeal to everyone's taste, especially the kids. You may not want to use all of it, especially when sprinkling it on as a garnish.

BUST OUT

- Small pot
- Peeler
- Large pan
- Oil (8 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|--------------------|----------|
| • Green Beans | 12 oz |
| • Ginger | 1 Thumb |
| • Scallions | 4 |
| • Garlic | 4 Cloves |
| • Red Bell Peppers | 2 |
| • Mint | ¼ oz |
| • Basmati Rice | 1 Cup |
| • Ground Pork | 20 oz |
| • Soy Sauce | 4 TBSP |
| • Honey | 1 oz |

HELLO WINE



PAIR WITH
Le Marin Corbières Rouge, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

HelloFRESH



1 PREP

Wash and dry all produce. Bring **1½ cups water** and a pinch of **salt** to a boil in a small pot. Halve **green beans**. Peel **ginger**, then mince until you have 1 TBSP. Trim **scallions**, then cut into 1-inch pieces. Mince **garlic**. Core, seed, and thinly slice **bell peppers**. Pick and coarsely chop enough **mint** leaves to give you 1 TBSP.



4 COOK AROMATICS

Lower heat under pan to medium and add another **4 tsp oil**. Add **garlic** and **minced ginger** and toss until fragrant, 1-2 minutes.



2 COOK RICE

Once water is boiling, add **rice** to pot. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, about 15 minutes. Remove from heat and keep covered until meal is ready.



5 TOSS STIR-FRY

Increase heat under pan to medium high and add **pork**, breaking up meat into pieces. Cook until browned at edges and cooked through, 5-6 minutes. Toss in **veggies, soy sauce, and honey**. Season with **salt** and **pepper**.



3 COOK VEGGIES

Heat **4 tsp oil** in a large pan over medium-high heat. Add **green beans, bell peppers, and scallions**. Cook, tossing, until softened and starting to brown, 4-5 minutes. Season with **salt** and **pepper**. Remove from pan and set aside.



6 FINISH AND PLATE

Remove pan from heat and stir in half the **chopped mint**. Fluff **rice** with a fork. Divide rice between plates and top with **stir-fry**. Garnish with remaining chopped mint, if desired.

FRESH TALK

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