



THAI PORK STIR-FRY

with Mint and Ginger

PREP: 10 MIN
TOTAL: 30 MIN

LEVEL 1

NUT
FREE

GLUTEN
FREE

DAIRY
FREE



HELLO

MINT AND GINGER

A power pair of aromatics

INGREDIENTS:

- Basmati Rice
- Green Beans
- Ginger
- Garlic
- Scallions
- Red Bell Pepper
- Mint
- Ground Pork
- Soy Sauce (Contains: Soy)
- Honey

FOR 2 PEOPLE:

- ½ Cup
- 6 oz
- 1 Thumb
- 2 Cloves
- 2
- 1
- ¼ oz
- 10 oz
- 2 TBSP
- 2 tsp

FOR 4 PEOPLE:

- 1 Cup
- 12 oz
- 1 Thumb
- 4 Cloves
- 4
- 2
- ½ oz
- 20 oz
- 4 TBSP
- 4 tsp

NUTRITION PER SERVING

644 cal | Fat: 31 g | Sat. Fat: 9 g | Protein: 36 g | Carbs: 57 g | Sugar: 11 g | Sodium: 1040 mg | Fiber: 5 g

START STRONG

To quickly trim the green beans, line the stem ends up in row and cut the ends off with one slice.



BUST OUT

- Small pot
- Large pan
- Oil (4 tsp | 8 tsp)
- Peeler



1 COOK RICE

Bring **1 cup water** and a pinch of **salt** to a boil in a small pot. Once boiling, add **rice**, cover, and reduce to a simmer. Cook until tender, 15-20 minutes. Remove from heat and keep covered.

2 PREP

Wash and dry all produce. Trim and halve **green beans**. Peel and mince **ginger**. Mince or grate **garlic**. Trim **scallions** and cut into 1-inch pieces. Core, seed, and thinly slice **bell pepper**. Pick leaves from **mint** and coarsely chop.

3 COOK VEGGIES

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



4 COOK AROMATICS

Reduce heat to medium and add a large drizzle of **oil** to same pan. Add **garlic** and **ginger** and toss until fragrant, 1-2 minutes.

5 ASSEMBLE STIR-FRY

Increase heat to medium-high and add **pork**. Break up meat into pieces with spatula or wooden spoon and cook until browned and crisp at edges, 5-6 minutes. Toss in **veggies, soy sauce, and honey**. Season with **salt** and **pepper**.

6 FINISH AND PLATE

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

INTREPID!

Now you're a master of global cuisine.

