



Thai Larb Style Pork Salad

with Cucumber, Peanuts and Zesty Jasmine Rice

Classic 35-40 Minutes • Hot • 1 of your 5 a day

43



Jasmine Rice



Cucumber



Ginger



Garlic Clove



Lime



Salted Peanuts



Pork Mince



Soy Sauce



Thai Style
Spice Blend



Ketjap Manis



Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, grater, garlic press, fine grater, rolling pin, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Cucumber**	½	¾	1
Ginger**	½	¾	1
Garlic Clove**	1	2	2
Lime**	½	1	1
Salted Peanuts 1)	25g	40g	40g
Pork Mince**	240g	360g	480g
Soy Sauce 11) 13)	25ml	25ml	50ml
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Ketjap Manis 11)	50g	75g	100g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	369g	100g	369g	100g
Energy (kJ/kcal)	3269 / 781	887 / 212	3043 / 727	826 / 197
Fat (g)	33.7	9.1	27.1	7.3
Sat. Fat (g)	11.0	3.0	9.8	2.6
Carbohydrate (g)	86.7	23.5	86.4	23.5
Sugars (g)	18.9	5.1	18.6	5.1
Protein (g)	35.2	9.5	38.4	10.4
Salt (g)	4.37	1.19	4.42	1.20

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **3)** Sesame **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



Cucumber Salad Time

Meanwhile, in a large bowl, mix together the **soy sauce**, **sugar** (see pantry for amount) and **lime juice**.

Add the **cucumber** to the bowl of **dressing**. Toss to coat well.



Get Prepped

Meanwhile, trim the **cucumber** (see ingredients for amount), then halve lengthways. Chop into roughly 1cm wide strips, then chop into 1cm pieces.

Peel and grate the **ginger**. **TIP:** Use a *teaspoon to easily scrape away the peel*. Peel and grate the **garlic** (or use a garlic press).

Zest and halve the **lime** (see ingredients for amount).

Crush the **peanuts** in the unopened sachet using a rolling pin.



Build the Spicy Flavour

Once browned, stir the **Thai style spice blend** (add less if you'd prefer things milder), **ginger** and **garlic** into the **mince**. Cook for 1-2 mins.

Add the **ketjap manis** and a splash of **water**, then stir and simmer until glazed, 1 min. Once cooked, cover with a lid to keep warm. **IMPORTANT:** The *mince is cooked when no longer pink in the middle*.



Fry your Mince

Heat a large frying pan on high heat (no oil).

Once hot, add the **pork mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

IMPORTANT: Wash your hands and equipment after handling raw mince.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Finish and Serve

Reheat the **mince** if needed.

Fluff up your **rice** with a fork, then stir through the **lime zest** and share between your bowls.

Top with the **spicy pork mince** and sprinkle over the **peanuts**. Serve with the **cucumber salad** alongside. **TIP:** Load your fork with a bit of everything for the best experience!

Enjoy!