














# Spiced Honey Garlic Pork Fried Rice

with Sweetcorn, Green Beans and Peanuts

**Rapid** 20 Minutes • Mild Spice • 1 of your 5 a day

15



-  Green Beans
-  Basmati Rice
-  Garlic Clove
-  Salted Peanuts
-  Pork Mince
-  Indonesian Style Spice Mix
-  Sweetcorn
-  Ketjap Manis
-  Soy Sauce
-  Honey
-  Sambal Paste

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

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

## Cooking tools

Kettle, saucepan, sieve, lid, garlic press, rolling pin and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	120g	150g
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Salted Peanuts 1)	25g	40g	50g
Pork Mince**	240g	360g	480g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Sweetcorn	150g	272g	340g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	25ml	37ml	50ml
Honey	15g	22g	30g
Sambal Paste	15g	30g	30g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	384g	100g
Energy (kJ/kcal)	3635 /869	946 /226
Fat (g)	35.8	9.3
Sat. Fat (g)	11.4	3.0
Carbohydrate (g)	103.7	27.0
Sugars (g)	28.9	7.5
Protein (g)	38.0	9.9
Salt (g)	4.83	1.26

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

## Allergens

1) Peanut 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 and Beans

- Boil a full kettle.
- Trim the **green beans**, then cut into thirds.
- Pour the **boiled water** into a large saucepan with  $\frac{1}{4}$  **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins, adding the **beans** for the last 5 mins.
- Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



## Combine and Stir

- Stir the **garlic** and **Indonesian style spice mix** into the **pork**, cook for 1 min.
- Meanwhile, drain the **sweetcorn** in a sieve.
- Add the **sweetcorn, cooked green beans and rice** to the **pork**. Mix well to combine.



## Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Crush the **peanuts** in the unopened sachet using a rolling pin.



## Bring on the Flavour

- Stir the **ketjap manis, soy sauce, honey, sambal** and **water for the sauce** (see pantry for amount) into the **rice**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.
- Cook, stirring, for 1-2 mins. Remove from the heat.



## Fry the Pork Mince

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



## Serve

- Share the **pork fried rice** between your bowls.
- Sprinkle over the **peanuts** to finish.

## Enjoy!