HELLO FRESH

Thai Style Pork Rice Bowl
with Green Beans

Family • 30-35 Minutes • Mild Spice • 1 of your 5 a day

Basmati Rice

Echalion Shallot

Garlic Clove

Green Beans

Pork Mince

Chilli Flakes

Ketjap Manis

Soy Sauce

Beef Mince

Pantry Items
Oil, Salt, Pepper

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, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Echalion Shallot**	1	2	2
Garlic Clove**	2	3	4
Green Beans**	150g	200g	300g
Pork Mince**	240g	360g	480g
Chilli Flakes	1 pinch	1 pinch	1 pinch
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	25ml	38ml	50ml
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe Per serving	Custom Recipe Per 100g
for uncooked ingredient	350g	100g	350g	100g
Energy (kJ/kcal)	2968 /709	848 /203	2742 /655	783 /187
Fat (g)	27.1	7.7	20.5	5.8
Sat. Fat (g)	9.9	2.8	8.6	2.5
Carbohydrate (g)	84.8	24.2	84.5	24.1
Sugars (g)	20.3	5.8	20.1	5.7
Protein (g)	33.9	9.7	37.1	10.6
Salt (g)	4.25	1.21	4.29	1.23

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

Allergens

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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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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1

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).

2

Prep Time

Meanwhile, halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press).

Trim the **green beans**, then cut into thirds.

3

Stir-Fry the Green Beans

Heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat. Set aside the **green beans**.

4

Fry the Mince

Put the pan back on medium-high heat (no need to clean). Add the **pork mince** to the pan and stir-fry until browned, 5-6 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. It's cooked when no longer pink in the middle.*

Add the **shallot**, **garlic** and **chilli flakes** (add less if you'd prefer things milder) to the **mince**. Cook until fragrant, another 2-3 mins.

CUSTOM RECIPE

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

5

All Together Now

Return the **cooked green beans** to the **mince**.

Add the **ketjap manis** and **soy sauce**, then stir everything together until piping hot.

Remove from the heat. Add a splash of **water** if it's a little thick.

6

Finish and Serve

Fluff up the **rice** with a fork and share between your bowls.

Top with the **Thai style pork stir-fry**.

Enjoy!