



Teriyaki Pork

with Pepper and Jasmine Pea Rice

Super Quick 15 Minutes • 1 of your 5 a day

8



Jasmine Rice



Peas



Bell Pepper



Pork Mince



Teriyaki 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

Kettle, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Peas**	120g	180g	240g
Bell Pepper***	1	2	2
Pork Mince**	240g	360g	480g
Teriyaki Sauce 11)	150g	225g	300g
Beef Mince**	240g	360g	480g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	395g	100g	395g	100g
Energy (kJ/kcal)	3263 / 780	826 / 197	3037 / 726	769 / 184
Fat (g)	27.3	6.9	20.7	5.2
Sat. Fat (g)	9.7	2.5	8.5	2.1
Carbohydrate (g)	99.3	25.1	99.0	25.1
Sugars (g)	30.8	7.8	30.6	7.7
Protein (g)	35.2	8.9	38.5	9.7
Salt (g)	4.10	1.04	4.14	1.05

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

Allergens

11) Soya

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

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1



Rice Time

- Boil a full kettle. Pour it into a saucepan with $\frac{1}{4}$ tsp salt on high heat.
- Boil the **rice**, 10-12 mins.
- Add the **peas** for the final 1-2 mins.
- Once cooked, drain, pop back in the pan and cover.

3



Get Frying

- Once hot, fry the **pork mince** and **pepper**, 5-6 mins.
- Break up the **mince** as it cooks, then drain the fat.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

CUSTOM RECIPE

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

2



Pepper Prep

- Meanwhile, slice the **pepper** into strips.
- Heat a drizzle of **oil** in a frying pan on high heat.

4



Dinner's Ready!

- Next, stir in the **teriyaki sauce**. Cook for 1 min more.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's dry.
- Fluff up the **rice**, then share between your bowls.
- Top with the **stir-fry**.

Enjoy!