



Fragrant Pork and Mushroom Stir-Fry with Pak Choi and Zesty Rice

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

14



Pork Mince



Basmati Rice



Lime



Pak Choi



Sliced Mushrooms



Ginger, Garlic &
Lemongrass Puree



Ketjap Manis



Soy Sauce



Chilli Flakes



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. Ingredients in red are hot!

Cooking tools

Kettle, frying pan, saucepan, sieve, lid and fine grater.

Ingredients

Ingredients	2P	3P	4P
Pork Mince**	240g	360g	480g
Basmati Rice	150g	225g	300g
Lime**	½	1	1
Pak Choi**	1	2	2
Sliced Mushrooms**	80g	120g	180g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	25ml	37ml	50ml
Chilli Flakes	1 pinch	1 pinch	2 pinches
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 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)	2920 / 698	793 / 189	2696 / 644	732 / 175
Fat (g)	27.2	7.4	20.6	5.6
Sat. Fat (g)	9.8	2.7	8.6	2.3
Carbohydrate (g)	82.4	22.4	82.2	22.3
Sugars (g)	17.8	4.8	17.6	4.8
Protein (g)	32.9	8.9	36.2	9.8
Salt (g)	4.65	1.26	4.7	1.28

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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1 Fry the Pork

a) Boil a half-full kettle. Heat a large frying pan on medium-high heat (no oil).

b) 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.

IMPORTANT: Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

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



4 Add the Veg

a) Add the **sliced mushrooms** and **pak choi** to the **pork**.

b) Stir-fry until the **pak choi** has softened and the **mushrooms** are browned, 3-4 mins.

c) Stir in the **ginger, garlic & lemongrass puree**. Cook until fragrant, 1 min.



2 Cook the Rice

a) Pour the **boiled water** from your kettle into a large saucepan with **¼ tsp salt** on high heat.

b) Add the **rice** and cook for 10-12 mins.

c) Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



5 Sauce Things Up

a) Stir the **ketjap manis, soy sauce** and **sugar for the sauce** (see pantry for amount) into the **pork** and bring to the boil.

b) Remove the pan from the heat and squeeze in some **lime juice** from a **lime wedge**. Taste and season with **salt, pepper** and more **lime juice** if needed.

c) Add a splash of **water** if it's a little thick.



3 Prep Time

a) While the **rice** cooks, zest the **lime**, then cut into wedges (see ingredients for amount).

b) Trim the **pak choi**, then thinly slice widthways.



6 Finish and Serve

a) Fluff up the **rice** with a fork and stir through the **lime zest**. Share between your bowls.

b) Serve the **pork stir-fry** on top of your **zesty rice**.

c) Finish with a sprinkle of **chilli flakes** (add less if you'd prefer things milder) and a **lime wedge** for squeezing over.

Enjoy!