



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

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

15



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 <b>11)</b>           | 50g     | 75g     | 100g      |
| Soy Sauce <b>11) 13)</b>          | 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          | Per       |          | Custom Recipe |          |
|-------------------------|-----------|----------|---------------|----------|
|                         | serving   | 100g     | Per serving   | Per 100g |
| for uncooked ingredient | 369g      | 100g     | 369g          | 100g     |
| Energy (kJ/kcal)        | 2922 /698 | 793 /190 | 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)                | 4.64      | 1.26     | 4.69          | 1.27     |

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, cereals containing 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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### 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.



### 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.



### Cook the Rice

**a)** Meanwhile, 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.



### 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**.

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



### 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.



### 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!