



Thai Style Pork Rice Bowl with Green Beans

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

3



Basmati Rice



Echalion Shallot



Garlic Clove



Red Chilli



Green Beans



Pork Mince



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. Ingredients in red are hot!

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 |
| Red Chilli** | ½ | ¾ | 1 |
| Green Beans** | 150g | 200g | 300g |
| Pork Mince** | 240g | 360g | 480g |
| Ketjap Manis 11 | 50g | 75g | 100g |
| Soy Sauce 11 13 | 25ml | 37ml | 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 | Custom Recipe | | | |
|-------------------------|---------------|-----------|-------------|-----------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 506g | 100g | 506g | 100g |
| Energy (kJ/kcal) | 2973 / 711 | 588 / 141 | 2747 / 657 | 543 / 130 |
| Fat (g) | 27.0 | 5.3 | 20.4 | 4.0 |
| Sat. Fat (g) | 9.9 | 1.9 | 8.6 | 1.7 |
| Carbohydrate (g) | 85.1 | 16.8 | 84.8 | 16.8 |
| Sugars (g) | 20.6 | 4.1 | 20.3 | 4.0 |
| Protein (g) | 33.9 | 6.7 | 37.2 | 7.4 |
| Salt (g) | 4.24 | 0.84 | 4.29 | 0.85 |

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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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).



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 **red chilli** (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.



Prep Time

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

Halve the **red chilli** (see ingredients for amount) lengthways, deseed, then finely chop.

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



Bring Back the Beans

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.



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**.



Finish and Serve

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

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

Enjoy!