



# Sticky Honey Pork Rice Bowl with Tenderstem® Broccoli

Family 20 Minutes • 1 of your 5 a day

3



Tenderstem® Broccoli



Garlic Clove



Lime



Jasmine Rice



Pork Mince



Coleslaw Mix



Ginger Puree



Ketjap Manis



Honey



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

Kettle, garlic press, saucepan, sieve, lid and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Tenderstem® Broccoli**	80g	150g	150g
Garlic Clove**	1	2	2
Lime**	½	1	1
Jasmine Rice	150g	225g	300g
Pork Mince**	240g	360g	480g
Coleslaw Mix**	120g	180g	240g
Ginger Puree	15g	22g	30g
Ketjap Manis <b>11)</b>	50g	75g	100g
Honey	15g	30g	30g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	125ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>404g</b>	<b>100g</b>	<b>404g</b>	<b>100g</b>
Energy (kJ/kcal)	3110 / 743	770 / 184	2884 / 689	714 / 171
Fat (g)	26.9	6.7	20.3	5.0
Sat. Fat (g)	9.8	2.4	8.6	2.1
Carbohydrate (g)	93.3	23.1	93.1	23.1
Sugars (g)	25.4	6.3	25.2	6.2
Protein (g)	33.2	8.2	36.5	9.0
Salt (g)	3.75	0.93	3.80	0.94

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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## Get Prepped

- Boil a half-full kettle.
- Cut the **Tenderstem® broccoli** into thirds.
- Peel and grate the **garlic** (or use a garlic press).
- Cut the **lime** into wedges (see ingredients for amount).



## Bring on the Veg

- Add the **broccoli** and **coleslaw mix** to the **pork**. Stir-fry until just tender, 5-6 mins.
- Stir in the **garlic** and **ginger puree**. Cook until fragrant, 1-2 mins.



## Cook the Rice

- Pour the **boiled water** into a large saucepan with  $\frac{1}{4}$  **tsp salt** on high heat.
- Add the **rice** and cook for 12-13 mins.
- 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

- Add the **ketjap manis**, **honey**, **soy sauce** and **water for the sauce** (see pantry for amount) to the pan. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.
- Cook until the **sauce** has thickened, 2-3 mins.
- Taste and season with **salt**, **pepper** and a squeeze of **lime juice** from a **lime wedge**. Add a splash of **water** if the **sauce** is a little thick.



## Brown the Pork

- While the **rice** cooks, heat a large frying pan on medium-high heat (no oil).
- 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.
- Season with **salt** and **pepper**. **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.



## Serve

- When ready, share the **rice** between your bowls and top with the **sticky honey pork**.
- Serve with any remaining **lime wedges** for squeezing over.

## Enjoy!