



Sweet and Sticky Sesame Pork Stir-Fry

with Rice, Pepper and Sugar Snap Peas

44

Super Quick 15 Minutes • Medium Spice • 1 of your 5 a day



Jasmine Rice



Bell Pepper



Pork Mince



Sugar Snap Peas



Thai Style Spice Blend



Ketjap Manis



Soy Sauce



Rice Vinegar



Roasted White Sesame Seeds



Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar, Tomato Ketchup

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
Bell Pepper***	1	2	2
Pork Mince**	240g	360g	480g
Sugar Snap Peas**	80g	150g	150g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	15ml	25ml	30ml
Rice Vinegar	30ml	44ml	66ml
Roasted White Sesame Seeds 3)	5g	7g	10g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

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

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	369g	100g	369g	100g
Energy (kJ/kcal)	3121 / 746	845 / 202	2895 / 692	784 / 187
Fat (g)	28.2	7.6	21.6	5.8
Sat. Fat (g)	10.0	2.7	8.7	2.4
Carbohydrate (g)	90.7	24.6	90.4	24.5
Sugars (g)	24.6	6.7	24.3	6.6
Protein (g)	33.0	8.9	36.2	9.8
Salt (g)	4.14	1.12	4.14	1.12


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

Allergens

3) Sesame 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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1



Boil Rice

- Boil a half-full kettle. Pour it into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.
- Meanwhile, chop the **pepper** into 2cm chunks.

2



Get Frying

- Heat a drizzle of **oil** in a frying pan on high heat. Once hot, fry the **pork mince**, **pepper**, **sugar snap peas** and **Thai style spice** (add less if you'd prefer things milder), 5-6 mins.
- Break up the **pork** 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.

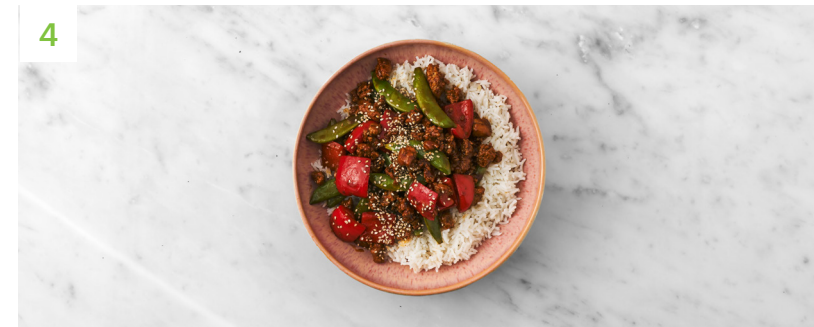
3



Sauce Time

- Stir in the **ketjap manis**, **soy**, **rice vinegar**, **sugar**, **ketchup** (see pantry for both) and a splash of **water**.
- Simmer, 1 min. Remove from the heat.
- Taste and season with **salt** and **pepper** if needed.

4



Dinner's Ready!

- Share the **rice** between your bowls.
- Spoon over the **sweet and sticky pork**.
- Sprinkle over the **sesame seeds**.

Enjoy!