



Thai Style Pork Rice Bowl with Mangetout

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

3



Basmati Rice



Echalion Shallot



Garlic Clove



Red Chilli



Mangetout



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
Mangetout**	150g	300g	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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	506g	100g	506g	100g
Energy (kJ/kcal)	2992 / 715	592 / 141	2766 / 661	547 / 131
Fat (g)	27.0	5.3	20.4	4.0
Sat. Fat (g)	9.9	1.9	8.6	1.7
Carbohydrate (g)	85.2	16.9	85.0	16.8
Sugars (g)	20.9	4.1	20.7	4.1
Protein (g)	35.0	6.9	38.3	7.6
Salt (g)	4.38	0.87	4.38	0.87

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. Be careful when adding water to hot pans while cooking.

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.

Halve the **mangetout** widthways.



Bring Back the Mangetout

Return the **cooked mangetout** 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.

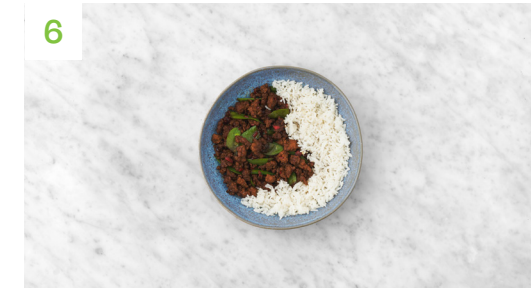


Stir-Fry the Mangetout

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **mangetout** to the pan and stir-fry until tender, 2-3 mins.

Remove the pan from the heat. Set aside the **mangetout**.



Finish and Serve

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

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

Enjoy!