



Fragrant Teriyaki Pork Rice Bowl with Sesame Seeds

44

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



Jasmine Rice



British Pork Mince



Lime



Coleslaw Mix



Indonesian Style Spice Mix



Ginger, Garlic & Lemongrass Puree



Teriyaki Sauce



Soy Sauce



Black Sesame Seeds



British Beef Mince

Recipe Update

Due to challenges with our supplier, you'll receive **black sesame seeds** instead of **white roasted sesame seeds**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper, Mayonnaise

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 and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
British Pork Mince**	240g	360g	480g
Lime**	1	1½	2
Coleslaw Mix**	120g	240g	240g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Teriyaki Sauce 11)	100g	150g	200g
Soy Sauce 11) 13)	15ml	25ml	30ml
Black Sesame Seeds 3)	5g	7g	10g
British Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	407g	100g	407g	100g
Energy (kJ/kcal)	3428 / 819	843 / 202	3202 / 765	788 / 188
Fat (g)	38.3	9.4	31.7	7.8
Sat. Fat (g)	10.6	2.6	9.3	2.3
Carbohydrate (g)	86.5	21.3	86.2	21.2
Sugars (g)	20.7	5.1	20.5	5.0
Protein (g)	32.9	8.1	36.1	8.9
Salt (g)	4.78	1.18	4.78	1.18


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, mollusc, 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



Rice On

- Boil a half-full kettle.
- Boil the **rice**, 12-13 mins.
- Once cooked, drain, pop back in the pan and cover.

2



Get Frying

- Meanwhile, heat a frying pan on medium-high heat (no oil).
- Once hot, fry the **pork**, 5-6 mins. Break up the **mince** 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.
- Meanwhile, cut the **lime** into quarters and open the remaining sachets.

CUSTOM RECIPE

If you've chosen **beef mince** instead of **pork**, cook the recipe in the same way.

3



Teriyaki Time

- Add the **coleslaw**, **Indonesian style spice mix** and **ginger, garlic & lemongrass puree** to the **mince**. Stir-fry, 1-2 mins.
- Stir in the **teriyaki**, **soy**, **water** (see pantry) and a squeeze of **lime juice**. Simmer, 2-3 mins.
- Taste and season with **salt**, **pepper** and **lime juice** if needed.

4



Dinner's Ready!

- Share the **rice** between your bowls.
- Top with the **pork**.
- Drizzle over the **mayo** (see pantry) and sprinkle with the **sesame seeds**.
- Serve the remaining **lime wedges** alongside.

Enjoy!