



# Sweet and Sticky Sesame Pork Stir-Fry

with Rice, Pepper and Sugar Snap Peas

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

44



Jasmine Rice



Bell Pepper



British Pork Mince



Sugar Snap Peas



Thai Style Spice Blend



Ketjap Manis



Soy Sauce



Rice Vinegar



Roasted White Sesame Seeds



British Beef Mince

#### Pantry Items

Oil, Salt, Pepper, Sugar, Tomato Ketchup

↔ **Swap to Beef Mince**

If you chose to swap to beef mince, 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, saucepan and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Bell Pepper***	1	2	2
British Pork Mince**	240g	360g	480g
Sugar Snap Peas**	80g	150g	150g
Thai Style Spice Blend <b>3)</b>	1 sachet	1 sachet	2 sachets
Ketjap Manis <b>11)</b>	50g	75g	100g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Rice Vinegar	30ml	44ml	66ml
Roasted White Sesame Seeds <b>3)</b>	5g	7g	10g
British 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 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
<b>for uncooked ingredient</b>	<b>369g</b>	<b>100g</b>	<b>369g</b>	<b>100g</b>
Energy (kJ/kcal)	3110 / 743	842 / 201	2884 / 689	781 / 187
Fat (g)	28.1	7.6	21.5	5.8
Sat. Fat (g)	10.0	2.7	8.7	2.4
Carbohydrate (g)	90.2	24.4	90.0	24.4
Sugars (g)	25.2	6.8	24.9	6.7
Protein (g)	32.9	8.9	36.1	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, 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!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



1



## Boil Rice

- Boil a half-full kettle.
- Pour it into a saucepan with  $\frac{1}{4}$  tsp salt on high heat. Boil the **rice**, 12-13 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 blend** (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.

↔ Swap to Beef Mince

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

3



## Sauce Time

- Stir in the **ketjap manis**, **rice vinegar**, **soy**, **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!