



Satay Pork Rice Bowl

with Green Beans and Salted Peanuts

Super Quick 15 Minutes • Mild Spice

44



Basmati Rice



Green Beans



British Pork Mince



Peanut Butter



Sweet Chilli Sauce



Soy Sauce



Salted Peanuts



Riced Cauliflower

Pantry Items
Oil, Salt, Pepper

Make it Lower Carb

If you chose to make this recipe lower carb, 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, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Green Beans**	80g	150g	150g
British Pork Mince**	240g	360g	480g
Peanut Butter 1	60g	90g	120g
Sweet Chilli Sauce	64g	96g	128g
Soy Sauce 11 13	25ml	40ml	50ml
Salted Peanuts 1	25g	40g	40g
Riced Cauliflower**	250g	500g	500g

Pantry	2P	3P	4P
Boiled Water*	125ml	190ml	250ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	387g	100g	437g	100g
Energy (kJ/kcal)	3932/940	1017/243	2982/713	683/163
Fat (g)	50.0	12.9	50.5	11.6
Sat. Fat (g)	14.0	3.6	14.1	3.2
Carbohydrate (g)	84.6	21.9	26.2	6.0
Sugars (g)	16.7	4.3	19.3	4.4
Protein (g)	44.1	11.4	40.4	9.2
Salt (g)	3.23	0.83	3.24	0.74

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

Allergens

1) Peanut **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.

Contact

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1



Boil Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.

Make it Lower Carb

If you've chosen the lower carb version, heat a medium frying pan on medium-high heat with a drizzle of **oil**. Once hot, add the **riced cauliflower** and cook until just soft, 3-4 mins. Season well with **salt** and **pepper**. Cover to keep warm until serving.

2



Get Frying

- Meanwhile, trim the **green beans**, then cut into thirds.
- Heat a frying pan on high heat (no oil).
- Once hot, fry the **pork mince** and **green beans**, 5-6 mins.
- Break up the **mince** as it cooks, then drain the fat. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

3



Flavour Time

- Meanwhile, in a bowl, mix together the **peanut butter**, **sweet chilli**, **soy** and **boiled water** (see pantry) until smooth.
- Add to the **pork mince** and simmer, 1-2 mins.
- Add a splash of **water** if it's too thick.
- Taste and season with **salt** and **pepper** if needed.

4



Dinner's Ready!

- Share the **rice** between your bowls.
- Top with the **satay pork and beans**.
- Sprinkle over the **peanuts**.

Enjoy!