



Quick and Easy Teriyaki Pork

with Pepper and Jasmine Pea Rice

Quick 20 Minutes • 1 of your 5 a day

14



Jasmine Rice



Peas



Bell Pepper



Garlic Clove



British Pork Mince



Teriyaki Sauce



Unconventional Plant-Based Burgers

Pantry Items

Oil, Salt, Pepper

Make it Vegetarian

If you chose to make this recipe veggie, 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, sieve, lid, garlic press and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|---|------|------|------|
| Jasmine Rice | 150g | 225g | 300g |
| Peas** | 120g | 180g | 240g |
| Bell Pepper*** | 1 | 2 | 2 |
| Garlic Clove** | 1 | 2 | 2 |
| British Pork Mince** | 240g | 360g | 480g |
| Teriyaki Sauce (11) | 150g | 225g | 300g |
| Unconventional Plant-Based Burgers* (11) | 2 | 4 | 4 |

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

Nutrition

| Typical Values | Per serving | Per 100g | Custom Recipe | |
|-------------------------|-------------|-----------|---------------|-----------|
| | | | Per serving | Per 100g |
| for uncooked ingredient | 398g | 100g | 368g | 100g |
| Energy (kJ/kcal) | 3262 / 780 | 821 / 196 | 2739 / 655 | 745 / 178 |
| Fat (g) | 27.2 | 6.8 | 13.8 | 3.7 |
| Sat. Fat (g) | 9.7 | 2.4 | 5.4 | 1.5 |
| Carbohydrate (g) | 99.2 | 25.0 | 105.3 | 28.7 |
| Sugars (g) | 31.4 | 7.9 | 31.6 | 8.6 |
| Protein (g) | 35.4 | 8.9 | 25.8 | 7.0 |
| Salt (g) | 4.14 | 1.04 | 5.07 | 1.38 |

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

Allergens

11) Soya

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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Cook the Rice and Peas

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 12-13 mins.
- During the last 1-2 mins of cooking time, add the **peas**.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Bring on the Pork

- Add the **pork mince** to the **pepper** and cook until browned, 5-6 mins.
- Use a spoon to break it up as it cooks, then drain and discard any excess fat.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

Make it Vegetarian

If you've chosen the veggie version, add the **plant-based burgers** to the pan with the **pepper**. Fry, 5-6 mins, using a spoon to mash into a mince-like texture as it cooks. **IMPORTANT:** Ensure they're piping hot throughout.



Prep Time

- While the **rice** cooks, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press).



Sauce Things Up

- Once the **pork** is browned, add the **garlic** to the pan and stir-fry for 1 min.
- Stir in the **teriyaki sauce** and cook for 1 min more.
- Taste and season with **salt** and **pepper** if needed, adding a splash of **water** if it's a little dry.



Get Frying

- Heat a drizzle of **oil** in a medium frying pan on high heat.
- Once hot, add the **sliced pepper** and stir-fry until just soft, 3-4 mins.



Serve

- Fluff up the **rice** using a fork, then share between your bowls.
- Top with the **teriyaki pork stir-fry**.

Enjoy!