



Quick Fragrant Pork and Mushroom Stir-Fry with Pak Choi and Rice

Quick 20 Minutes • 1 of your 5 a day

14



British Pork Mince



Basmati Rice



Lime



Pak Choi



Sliced Mushrooms



Ginger, Garlic &
Lemongrass Puree



Ketjap Manis



Soy Sauce



British Beef
Mince

Pantry Items

Oil, Salt, Pepper, Sugar

↔ 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.

Cooking tools

Kettle, frying pan, saucepan, sieve and lid.

Ingredients

Ingredients	2P	3P	4P
British Pork Mince**	240g	360g	480g
Basmati Rice	150g	225g	300g
Lime**	½	1	1
Pak Choi**	1	2	2
Sliced Mushrooms**	80g	120g	180g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	25ml	37ml	50ml
British Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	368g	100g	368g	100g
Energy (kJ/kcal)	2900 /693	788 /188	2674 /639	726 /174
Fat (g)	27.1	7.4	20.5	5.6
Sat. Fat (g)	9.8	2.7	8.5	2.3
Carbohydrate (g)	80.3	21.8	80.0	21.7
Sugars (g)	17.6	4.8	17.3	4.7
Protein (g)	32.9	8.9	36.1	9.8
Salt (g)	4.78	1.30	4.78	1.30

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, 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 Fry the Pork

a) Boil a half-full kettle. Heat a large frying pan on medium-high heat (no oil).

b) Once hot, add the **pork mince** and 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.

↔ Swap to Beef Mince

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



4 Add the Veg

a) Add the **sliced mushrooms** and **pak choi** to the **pork**.

b) Stir-fry until the **pak choi** has softened and the **mushrooms** have started to brown, 3-4 mins.

c) Stir in the **ginger, garlic & lemongrass puree**. Cook until fragrant, 1 min.



2 Cook the Rice

a) Pour the **boiled water** from your kettle into a large saucepan with **¼ tsp salt** on high heat.

b) Add the **rice** and cook for 10-12 mins.

c) 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.



3 Prep Time

a) While the **rice** cooks, cut the **lime** into wedges (see ingredients for amount).

b) Trim the **pak choi**, then thinly slice widthways.



5 Sauce Things Up

a) Stir the **ketjap manis**, **soy** and **sugar for the sauce** (see pantry for amount) into the **pork** and bring to the boil.

b) Remove the pan from the heat and squeeze in some **lime juice** from a **lime wedge**.

c) Add a splash of **water** if it's a little thick.



6 Finish and Serve

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

b) Serve the **pork stir-fry** on top of your **rice**.

c) Finish with a **lime wedge** for squeezing over.

Enjoy!