

# Super Quick Satay Pork Rice Bowl

with Green Beans and Salted Peanuts

Super Quick 15 Minutes



Jasmine Rice



Green Beans



British Pork Mince



Peanut Butter



Sweet Chilli Sauce



Soy Sauce



Salted Peanuts



British Beef Mince

**Pantry Items**  
Oil, Salt, Pepper

↔ 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!



Also spelled as 'sate' in Indonesia, satay typically consists of skewered meat served with peanut sauce. We're keeping it simple by simmering pork in peanut sauce that's ready in less than 15 minutes.



## 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, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Green Beans**	80g	150g	150g
British Pork Mince**	240g	360g	480g
Peanut Butter <b>1</b>	60g	90g	120g
Sweet Chilli Sauce	64g	96g	128g
Soy Sauce <b>11</b> <b>13</b>	25ml	40ml	50ml
Salted Peanuts <b>1</b>	25g	40g	40g
British Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Boiled Water for the Sauce*	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	387g	100g
Energy (kJ/kcal)	3920 / 937	1013 / 242	3694 / 883	955 / 228
Fat (g)	49.6	12.8	43.0	11.1
Sat. Fat (g)	13.9	3.6	12.6	3.3
Carbohydrate (g)	81.3	21.0	81.1	21.0
Sugars (g)	16.4	4.2	16.1	4.2
Protein (g)	43.3	11.2	46.5	12.0
Salt (g)	3.23	0.83	3.23	0.83

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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## Boil the Rice

- Boil a half-full kettle.
- Pour **half** of the **boiled water** into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 12-13 mins.
- Once cooked, drain, pop back in the pan and cover.



## Flavour Time

- Meanwhile, in a bowl, mix together the **peanut butter**, **sweet chilli**, **soy** and remaining **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.



## 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.

↔ Swap to Beef Mince

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



## Dinner's Ready!

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

## Enjoy!