



# Thai Style Pork Rice Bowl with Green Beans

Family 30-35 Minutes • Medium Spice • 1 of your 5 a day

3



Basmati Rice



Echalion Shallot



Garlic Clove



Red Chilli



Green Beans



British Pork Mince



Ketjap Manis



Soy Sauce



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!

## 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

Saucepan, lid, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Echalion Shallot**	1	2	2
Garlic Clove**	2	3	4
Red Chilli**	½	¾	1
Green Beans**	150g	200g	300g
British Pork Mince**	240g	360g	480g
Ketjap Manis <b>11</b>	50g	75g	100g
Soy Sauce <b>11</b> <b>13</b>	25ml	37ml	50ml
British Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>506g</b>	<b>100g</b>	<b>506g</b>	<b>100g</b>
Energy (kJ/kcal)	2973 /711	588 /141	2747 /657	543 /130
Fat (g)	27.0	5.3	20.4	4.0
Sat. Fat (g)	9.9	1.9	8.6	1.7
Carbohydrate (g)	85.1	16.8	84.8	16.8
Sugars (g)	20.6	4.1	20.4	4.0
Protein (g)	33.9	6.7	37.2	7.4
Salt (g)	4.38	0.87	4.38	0.87

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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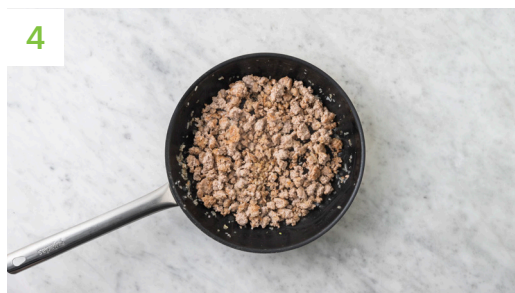


## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Fry the Mince

Put the pan back on medium-high heat (no need to clean). Add the **pork mince** to the pan and stir-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.*

Add the **shallot**, **garlic** and **red chilli** (add less if you'd prefer things milder) to the **mince**. Cook until fragrant, another 2-3 mins.

↔ Swap to Beef Mince

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



## Prep Time

Meanwhile, halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press).

Halve the **red chilli** lengthways (see ingredients for amount), deseed, then finely chop.

Trim the **green beans**, then cut into thirds.



## Bring Back the Beans

Return the **cooked green beans** to the **mince**.

Add the **ketjap manis** and **soy sauce**, then stir everything together until piping hot.

Remove from the heat. Add a splash of **water** if it's a little thick.



## Stir-Fry the Green Beans

Heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat. Set aside the **green beans**.



## Finish and Serve

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

Top with the **Thai style pork stir-fry**.

Enjoy!