



Five Spice Honey Garlic Pork Fried Rice with Sweetcorn and Green Beans

Rapid 20 Minutes • 1 of your 5 a day

13



Green Beans



Basmati Rice



Garlic Clove



Salted Peanuts



Spring Onion



Pork Mince



Chinese Five Spice



Sweetcorn



Ketjap Manis



Soy Sauce



Honey

Pantry Items
Oil, Salt, Pepper

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, garlic press, rolling pin and frying pan.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	120g	150g
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Salted Peanuts 1)	25g	40g	50g
Spring Onion**	1	2	2
Pork Mince**	240g	360g	480g
Chinese Five Spice	1 sachet	1 sachet	2 sachets
Sweetcorn	150g	260g	326g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	15ml	25ml	30ml
Honey	15g	22g	30g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	375g	100g
Energy (kJ/kcal)	3548 /848	947 /226
Fat (g)	34.7	9.3
Sat. Fat (g)	11.3	3.0
Carbohydrate (g)	101.2	27.0
Sugars (g)	28.0	7.5
Protein (g)	37.5	10.0
Salt (g)	3.79	1.01

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, milk, egg, mustard, celery, soya, 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.

Contact

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Cook the Rice and Beans

- Boil a full kettle.
- Trim the **green beans**, then cut into thirds.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins, adding the **beans** for the last 5 mins.
- Once cooked, drain in a sieve and pop back in the pan. Leave to the side until ready to use.



Spice Things Up

- Stir the **garlic** and **Chinese Five Spice** into the **pork** and cook for 1 min.
- Meanwhile, drain the **sweetcorn** in a sieve.
- Add the **sweetcorn, cooked green beans and rice** to the **pork**. Mix well to combine.



Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Crush the **peanuts** in the unopened sachet using a rolling pin.
- Trim and thinly slice the **spring onion**.



Finish your Fried Rice

- Stir the **ketjap manis, soy sauce, honey and water for the sauce** (see pantry for amount) into the **fried rice**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



Fry the Pork Mince

- Heat a large frying pan on medium-high heat (no oil).
- 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.
- Season with **salt and pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The pork is cooked when no longer pink in the middle.



Serve

- Share the **pork fried rice** between your bowls.
- Sprinkle over the **peanuts**.
- Scatter with the **spring onion** to finish.

Enjoy!