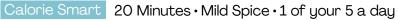


# Fragrant Pork and Mushroom Stir-Fry with Pak Choi and Zesty Rice















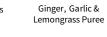


Pak Choi





Sliced Mushrooms





Ketjap Manis



Soy Sauce



Chilli Flakes

#### 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, lid and fine grater. Ingredients

Ingredients	2P	3P	4P
Pork Mince**	240g	360g	480g
Basmati Rice	150g	225g	300g
Lime**	1/2	1	1
Pak Choi**	1	2	2
Sliced Mushrooms**	120g	180g	240g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets
Soy Sauce <b>11) 13)</b>	25ml	37ml	50ml
Chilli Flakes	1 pinch	1 pinch	2 pinches
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp

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

#### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	394g	100g
Energy (kJ/kcal)	2992 /715	760 / 182
Fat (g)	28.3	7.2
Sat. Fat (g)	10.3	2.6
Carbohydrate (g)	82.5	21.0
Sugars (g)	17.9	4.6
Protein (g)	34.1	8.7
Salt (g)	5.22	1.33

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal). PersonalPoints™ values based on low-cal cooking spray oil.

### 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, 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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

#### Contact

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## Fry the Pork

- a) Boil a full kettle.
- **b)** Heat a large frying pan on medium-high heat (no oil).
- c) 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. The pork is cooked when no longer pink in the middle.



#### Cook the Rice

- a) Pour the boiled water into a large saucepan with 1/4 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.



## **Prep Time**

- a) While the rice cooks, zest the lime, then cut into wedges.
- **b)** Trim the **pak choi**, then thinly slice widthways.



## Add the Veg

- a) Add the mushrooms and pak choi to the pork.
- **b)** Stir-fry until the **pak choi** has softened and the mushrooms are browned, 3-4 mins.
- c) Stir in the ginger, garlic & lemongrass puree. Cook until fragrant, 1 min.



## Sauce Things Up

- a) Stir the ketjap manis, soy sauce 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. Taste and season with salt, pepper and more lime juice if needed.
- c) Add a splash of water if it's a little thick.



### Finish and Serve

- a) Fluff up the rice with a fork and stir through the lime zest. Share between your bowls or plates.
- b) Serve the pork stir-fry on top.
- c) Finish with a sprinkle of chilli flakes (careful, they're hot) and a lime wedge for squeezing over.

## Enjoy!







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