HELLO FRESH

Honey and Toasted Sesame Pork Rice Bowl
with Pak Choi

Family • 20 Minutes • 1 of your 5 a day

Pak Choi

Garlic Clove

Lime

Jasmine Rice

Pork Mince

Coleslaw Mix

Ginger Puree

Ketjap Manis

Honey

Soy Sauce

Roasted White Sesame Seeds

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, garlic press, saucepan, sieve, lid, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Pak Choi**	1	1½	2
Garlic Clove**	1	2	2
Lime**	½	1	1
Jasmine Rice	150g	225g	300g
Pork Mince**	240g	360g	480g
Coleslaw Mix**	120g	180g	240g
Ginger Puree	15g	23g	30g
Ketjap Manis 11)	50g	75g	100g
Honey	15g	30g	30g
Soy Sauce 11) 13)	15ml	25ml	30ml
Roasted White Sesame Seeds 3)	5g	7g	10g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	125ml

*Not Included **Store in the Fridge*

Nutrition

Typical Values for uncooked ingredient	Per serving 394g	Per 100g 100g
Energy (kJ/kcal)	3139 /750	797 /190
Fat (g)	28.1	7.1
Sat. Fat (g)	10.0	2.5
Carbohydrate (g)	93.3	23.7
Sugars (g)	25.6	6.5
Protein (g)	32.9	8.4
Salt (g)	3.81	0.97

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **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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1 Get Prepped

a) Boil a full kettle.

b) Trim the **pak choi**, then separate the leaves. Cut each leaf in half lengthways down the middle.

c) Peel and grate the **garlic** (or use a garlic press).

d) Cut the **lime** into wedges.

2 Cook the Rice

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

b) Add the **rice** and cook for 12-13 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 Brown the Pork

a) While the **rice** cooks, 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.

c) Season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.*

d) Once cooked, transfer the **pork** to a bowl and set aside.

4 Time to Stir-Fry

a) Pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil** if needed.

b) Once hot, add the **pak choi** and **coleslaw mix**. Stir-fry until just tender, 4-5 mins.

c) Add the **cooked pork** back into the pan.

d) Stir in the **garlic** and **ginger puree**. Cook until fragrant, 1-2 mins.

5 Sauce Things Up

a) Add the **ketjap manis**, **honey**, **soy sauce**, **water for the sauce** (see pantry for amount) and **half** the **sesame seeds** to the pan. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*

b) Cook until the **sauce** has thickened, 2-3 mins.

c) Taste and season with **salt**, **pepper** and a squeeze of **lime juice**, adding a splash of **water** if it's a little too thick.

6 Serve

a) When ready, share the **rice** between your bowls and top with the **sticky honey sesame pork**.

b) Finish by sprinkling with the remaining **sesame seeds**.

c) Serve with any remaining **lime wedges** for squeezing over.

Enjoy!