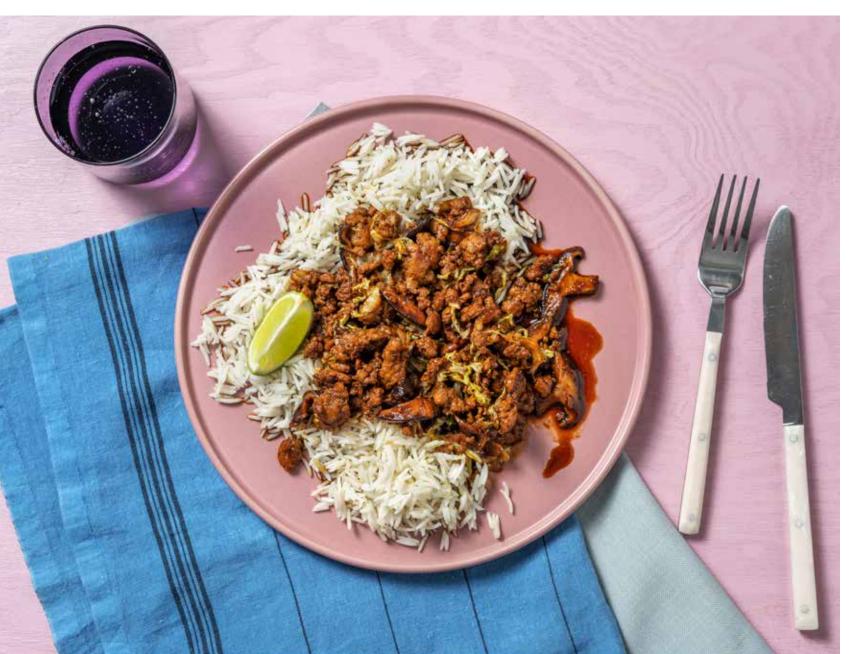


Super Quick Pork Stir-Fry with Shiitake Mushrooms, Chinese Leaf and Fragrant Rice

14

Rapid

15 Minutes















Shiitake Mushrooms





Chinese Leaf

Garlic Clove



Ginger Puree



Ketjap Manis



Soy Sauce

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Kettle, Frying Pan, Wooden Spoon, Saucepan, Lid, Sieve, Zester, Garlic Press, Plate.

Ingredients

	2P	3P	4P
Pork Mince**	240g	360g	480g
Basmati Rice	150g	225g	300g
Shiitake Mushrooms**	50g	100g	100g
Lime	1/2	1	1
Garlic Clove	1	1	2
Chinese Leaf**	120g	180g	240g
Ginger Puree	½ sachet	1 sachet	1 sachet
Ketjap Manis 11) 13)	1 sachet	2 sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets
*Not Included **Store in the Fridge			

Nutrition

	Per serving	Per 100g
for uncooked ingredient	331g	100g
Energy (kJ/kcal)	2373 /567	716/171
Fat (g)	18	5
Sat. Fat (g)	6	2
Carbohydrate (g)	75	23
Sugars (g)	11	3
Protein (g)	30	9
Salt (g)	2.63	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Start Cooking

- a) Fill and boil your kettle.
- **b)** Heat a splash of **oil** in a frying pan over high heat and add the pork mince.
- c) Cook until browned, 5 mins, breaking up with a spoon. IMPORTANT: Wash your hands after handling raw meat. The mince is cooked when it is no longer pink in the middle.
- d) Fill a saucepan with boiling water for the rice and place on high heat.



Cook the Rice

- a) Add 1/4 tsp of salt to the boiling water.
- **b)** Stir in the **rice** and boil until tender, 12 mins.
- c) When cooked, drain in a sieve and pop back into the pan. Cover with a lid.



Prep Time

- a) Meanwhile, slice the shiitake mushrooms.
- b) Zest then chop the lime into wedges.
- c) Peel and grate the garlic (or use a garlic press).



Add the Veggies

- a) Add the mushrooms and Chinese leaf to the pork.
- b) Stir-fry until the Chinese leaf has softened, 3-4 mins.
- c) Add the garlic and ginger puree, cook for 1 minute.



Stir in the Sauce

- a) Stir the ketjap manis and soy sauce into the **pork** and bring to the boil.
- **b)** Remove from the heat and squeeze in some lime juice to taste.
- c) Sprinkle the lime zest into the rice and stir through to combine.



Serve

- a) Share the rice between your plates.
- b) Serve the pork alongside.
- c) Finish with a wedge of lime for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.



