







More Than Food
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Thai 'Moo Pad Krapow'

In a former life (well, about 10 years ago) our Head Chef used to be a lawyer. When his firm asked him where he'd like to go on secondment, they were probably expecting him to choose Berlin or possibly Munich. His answer? Thailand. Living there for three months he used to eat in the food halls with all the locals every lunchtime and this became his go-to dish. Stick a fried egg on for extra authenticity!



30 mins



spicy



lactose free



healthy



Boiling Water (350ml)



Basmati Rice (1 cup)



Echalion Shallot (1)



Garlic Clove (2)



Red Chilli (1 tsp)



Spring Onion (2)



Green Beans (1 pack)



Pork Mince (300g)



Ketjap Manis (1 1/2 tbsp)



Soy Sauce (1 1/2 tbsp)



Fish Sauce (1 1/2 tsp)




Thai Basil (1/2 bunch)

2 PEOPLE INGREDIENTS

- Boiling Water
- Basmati Rice
- Echalion Shallot, chopped
- Garlic Clove, chopped
- Red Chilli, chopped
- Spring Onion, chopped

350ml
1 cup
1
2
1 tsp
2

- Green Beans, halved **1 pack**
- Pork Mince **300g**
- Ketjap Manis **1½ tbsp**
- Soy Sauce **1½ tbsp**
- Fish Sauce **1½ tsp**
- Thai Basil, torn **½ bunch**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Pad Krapow is the name for a spicy, Asian stir-fry with Thai Basil ('Krapow' in Thai) as the star ingredient!

Allergens: Soya, Gluten, Fish.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	547 kcal / 2302 kJ	15 g	6 g	67 g	10 g	37 g	2 g

Soy Sauce Ingredients: Water, Soybeans, Wheat, Salt.

Fish Sauce Ingredients: Anchovies Extract (Fish) (Water, Anchovy (Fish), Salt, Sugar).

2



1 Boil a pot of **water** (with the exact quantity of water as in the ingredients above) with a good pinch of **salt** and pour in the **rice**. Turn the heat to the lowest setting, place a lid on the pot and leave for 10 mins. Take off the heat and leave for another 10 mins. **Tip:** *To make sure your rice is perfect don't touch the lid until 20 mins are up!*

2 Peel and very, very finely chop the **shallot** and the **garlic**. Very finely chop as much of the **red chilli** as you dare. **Tip:** *If you can mash all these ingredients under the flat of your knife or whizz them in a processor all the better for the flavours.* Finely chop the **spring onion**.

3



3 Cut the tops and bottoms off the **green beans** (this is called 'top and tailing!'), then chop them in half. Heat a splash of **oil** in a frying pan on high heat. Once hot add the **green beans** to the pan and stir-fry for a couple of mins. Remove to a plate for later.

4 Turn the heat down to medium-high and add another splash of **oil** to the pan. Add the **shallot, garlic** and **chilli** with a little pinch of **salt** and cook for just under a minute.

4



5 Turn the heat back to high, add the **pork** to the pan and break up with your wooden spoon. Once your pork is cooked through, add your **green beans, ketjap manis, soy sauce** and the **fish sauce**. **Tip:** *If the mixture is a little dry add a splash of water.*

6 Tip: *At this point, if you want to go super authentic, then fry an egg until it's nice and crispy around the edges, with a nice runny yolk, to pop on top of your dish.*

5



7 Take your **pork** mixture off the heat and stir through a few tbsp of torn **basil leaves**. Serve with your **rice** and get stuck in. Aloy mak! (That's 'super tasty' in Thai!)

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!