

Thai Style Pork Rice Bowl

with Tenderstem® Broccoli, Coriander and Rice

Classic Eat Me Early • 30-35 Minutes • Mild Spice • 1 of your 5 a day

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Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools Saucepan, lid, garlic press and frying pan. Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Echalion Shallot**	1	2	2
Garlic Clove**	2	3	4
Red Chilli**	1/2	3/4	1
Tenderstem [®] Broccoli**	150g	200g	300g
Pork Mince**	240g	360g	480g
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	25ml	37ml	50ml
Coriander**	1 bunch	1 bunch	1 bunch
Beef Mince**	240g	360g	480g
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Pantry	2P	3P	4P

Water for the Rice* 300ml 450ml 600ml *Not Included **Store in the Fridae

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	356g	100g
Energy (kJ/kcal)	2966 /709	834/199
Fat (g)	27.1	7.6
Sat. Fat (g)	9.9	2.8
Carbohydrate (g)	83.7	23.6
Sugars (g)	19.8	5.6
Protein (g)	35.3	9.9
Salt (g)	4.41	1.24
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Custom Recipe	Per serving	Per 100g
for uncooked ingredient	Per serving 360g	Per 100g 100g
and the second		
for uncooked ingredient	360g	100g
for uncooked ingredient Energy (kJ/kcal)	360g 2782/665	100g 773 /185
for uncooked ingredient Energy (kJ/kcal) Fat (g)	360g 2782 /665 21.2	100g 773 /185 5.9
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	360g 2782/665 21.2 9.0	100g 773 /185 5.9 2.5
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	360g 2782/665 21.2 9.0 84.5	100g 773 /185 5.9 2.5 23.2
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g) Sugars (g)	360g 2782/665 21.2 9.0 84.5 19.6	100g 773 /185 5.9 2.5 23.2 5.4

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

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.

Contact

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Cook the Rice

Pour the water for the rice (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the rice and 1/4 tsp salt and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Prep Time

Meanwhile, halve, peel and chop the shallot into small pieces. Peel and grate the **garlic** (or use a garlic press).

Halve the red chilli lengthways, deseed and finely chop.

Chop the Tenderstem[®] broccoli into thirds.



Stir-Fry the Tenderstem® Broccoli

Heat a drizzle of **oil** in a large frying pan on high heat.

Once the oil is hot, add the Tenderstem® and stirfry for 2-3 mins. Add a splash of water, then cover with a lid (or foil) and allow to cook until tender, 2-3 mins more. Season with salt and pepper.

When cooked, transfer to a plate. Keep the pan on high heat.



Fry the Mince

Add the **pork mince** to the pan and stir-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 mince is cooked when no longer pink in the middle.

Add the shallot, garlic and as much chilli as you'd like (add less if you'd prefer things milder). Cook until the veg has softened, another 2-3 mins.

CUSTOM RECIPE

If you've chosen to get beef mince instead of **pork**, cook the recipe in the same way.



Bring Back the Broc

Return the **broccoli** to the pan.

Add the ketjap manis and soy sauce, then stir everything together until piping hot.

Remove the pan from the heat. Add a splash of water if it's a little dry.

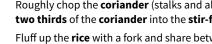


Finish and Serve

Roughly chop the **coriander** (stalks and all). Mix two thirds of the coriander into the stir-fry.

Fluff up the rice with a fork and share between your bowls.

Top with your stir-fry and sprinkle over the remaining coriander.



Enjoy!