



Thai Style Pork Rice Bowl

with Green Beans, Coriander and Rice

Family Hands On Time: 15 Minutes • Total Time: 35 Minutes • Little Spice



Basmati Rice



Echalion Shallot



Garlic Clove



Red Chilli



Spring Onion



Green Beans



Pork Mince



Ketjap Manis



Soy Sauce



Coriander

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Measuring Jug, Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Plate, Bowl.

Ingredients

| | 2P | 3P | 4P |
|---------------------------------------|-----------|------------|-----------|
| Water for the Rice* | 300ml | 450ml | 600ml |
| Basmati Rice | 150g | 225g | 300g |
| Echalion Shallot** | 1 | 2 | 2 |
| Garlic Clove | 2 | 3 | 4 |
| Red Chilli** | ½ | ¾ | 1 |
| Spring Onion** | 2 | 3 | 4 |
| Green Beans** | 150g | 200g | 300g |
| Pork Mince** | 240g | 360g | 480g |
| Ketjap Manis 11) 13) | 2 sachets | 3 sachets | 4 sachets |
| Soy Sauce 11) 13) | 1 sachet | 1½ sachets | 2 sachets |
| Coriander** | 1 bunch | 1 bunch | 1 bunch |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 365g | 100g |
| Energy (kJ/kcal) | 2587 /618 | 709 /169 |
| Fat (g) | 18 | 5 |
| Sat. Fat (g) | 6 | 2 |
| Carbohydrate (g) | 82 | 22 |
| Sugars (g) | 20 | 5 |
| Protein (g) | 32 | 9 |
| Salt (g) | 2.83 | 0.78 |

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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HelloFresh UK

Packed in the UK

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 You can recycle me!



Cook the Rice

Pour the **cold water** for the **rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



Cook the Mince

Keep the pan on high heat and add another splash of **oil** if the pan is dry. Add the **pork mince** and stir-fry until browned, 6-8 mins, breaking it up with a wooden spoon as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw meat. When the **pork** is cooked, drain off any excess **oil**, add the **shallot**, **garlic**, **spring onion** and as much **chilli** as you dare. Cook until the **veggies** are softened, another 2-3 mins. **IMPORTANT:** The pork is cooked when it's no longer pink in the middle.



Prep the Veggies

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. Trim and thinly slice the **spring onion**. Trim the **green beans** then chop into thirds.



Bring Back the Beans

Return the **green beans** to the pan. Add the **ketjap manis** and **soy sauce** and stir everything together. **TIP:** If the mixture is a little dry, add a splash of water.



Stir-Fry the Green Beans

Heat a splash of **oil** in a frying pan on high heat. Once hot, add the **green beans** and stir-fry until tender, about 5-6 mins. When cooked, transfer to a plate.



Finish and Serve

Remove the pan from the heat. Roughly chop the **coriander** (stalks and all). Mix into the **pork**. Fluff up the **rice** with a fork and share between your bowls. Top with the **pork stir-fry** and get stuck in. Super tasty! Or, as they say in Thailand...

Aloy Mak!

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.