



# Thai Style Pork Rice Bowl with Pak Choi

Family 30-35 Minutes • Mild Spice • 1 of your 5 a day

3



Basmati Rice



Echalion Shallot



Garlic Clove



Pak Choi



Pork Mince



Chilli Flakes



Ketjap Manis



Soy Sauce



Beef Mince

**Pantry Items**  
Oil, Salt, Pepper

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## 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
Pak Choi**	1	2	2
Pork Mince**	240g	360g	480g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Ketjap Manis <b>11</b>	50g	75g	100g
Soy Sauce <b>11</b> <b>13</b>	1 sachet	2 sachets	2 sachets
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	329g	100g	329g	100g
Energy (kJ/kcal)	2879 /688	874 /209	2651 /634	805 /192
Fat (g)	26.7	8.1	20.1	6.1
Sat. Fat (g)	9.7	2.9	8.5	2.6
Carbohydrate (g)	79.9	24.3	79.7	24.2
Sugars (g)	16.8	5.1	16.6	5.0
Protein (g)	32.9	10.0	36.1	11.0
Salt (g)	3.93	1.19	3.98	1.21

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  $\frac{1}{4}$  **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).



## Add the Pak Choi

Once the **mince** has browned, add the **pak choi** and stir-fry until just soft, 3-4 mins.

Stir in the **shallot**, **garlic** and as many **chilli flakes** as you'd like (add less if you'd prefer things milder). Cook until fragrant, another 2-3 mins.



## Prep Time

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

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



## Build the Flavour

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

Remove from the heat. Add a splash of **water** if it's a little thick.



## Fry the Mince

Heat a frying pan on medium-high heat (no oil). Once hot, 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. It's cooked when no longer pink in the middle.

## CUSTOM RECIPE

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



## Finish and Serve

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

Top with the **Thai style pork stir-fry**.

Enjoy!