



Teriyaki Pork & Mushroom Rice Bowl

with Veggies & Sesame Dressing

KID FRIENDLY



Grab your Meal Kit with this symbol



Basmati Rice



Portabello Mushrooms



Teriyaki Sauce



Pork Mince



Asian Stir-Fry Mix



Ginger Paste



Sesame Dressing



Roasted Peanuts



Beef Mince

Prep in: 15-25 mins
Ready in: 15-25 mins

Centre yourself and relax with a bowl of teriyaki-flavoured pork mince. The mushrooms really lend an earthy taste that's too good to be true. So sit back and enjoy this easy-to-make dinner with no fuss and a lot of flavour.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
portabello mushrooms	1 packet	1 packet
teriyaki sauce	1 packet (65g)	1 packet (130g)
soy sauce*	2 tbs	¼ cup
brown sugar*	½ tbs	1 tbs
pork mince	1 small packet	2 small packets OR 1 large packet
Asian stir-fry mix	1 bag (300g)	1 bag (600g)
ginger paste	1 medium packet	1 large packet
sesame dressing	1 packet (40g)	1 packet (80g)
roasted peanuts	1 packet	2 packets
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2800kJ (669Cal)	549kJ (131Cal)
Protein (g)	34.3g	6.7g
Fat, total (g)	21.2g	4.2g
- saturated (g)	6.6g	1.3g
Carbohydrate (g)	78.7g	15.4g
- sugars (g)	15.6g	3.1g
Sodium (mg)	796mg	156mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3090kJ (739Cal)	606kJ (145Cal)
Protein (g)	38.5g	7.5g
Fat, total (g)	25.7g	5g
- saturated (g)	9.5g	1.9g
Carbohydrate (g)	78.7g	15.4g
- sugars (g)	15.6g	3.1g
Sodium (mg)	761mg	149mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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1



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**.
- Drain and set aside.

3



Cook the pork & veggies

- Heat a large frying pan over high heat. Cook **mushrooms** and **pork mince**, breaking up with a spoon, until browned, **6-7 minutes**.
- Add **Asian stir-fry mix** and cook until browned, **2-3 minutes**.
- Add **ginger paste** and cook until fragrant, **1 minute**.
- Add **teriyaki sauce mixture** and stir until the pork is coated, **30 seconds**.

Custom Recipe: If you've swapped pork mince to beef mince, cook mushrooms and beef, breaking up with a spoon, until browned, 6-7 minutes.

2



Get prepped

- Thinly slice **portabello mushrooms**.
- In a small bowl, combine **teriyaki sauce**, the **soy sauce** and **brown sugar**. Set aside.

Little cooks: Kids can help combine the sauces!

4



Serve up

- Divide basmati rice between bowls.
- Top with teriyaki pork and mushrooms. Drizzle with **sesame dressing**.
- Garnish with **roasted peanuts** to serve. Enjoy!

Little cooks: Add the finishing touch and drizzle over the dressing.

Rate your recipe

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