



Asian Pork & Peanut Larb

with Veggies & Garlic Rice

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Asian Greens



Spring Onion



Oyster Sauce



Pork Mince



Shredded Cabbage Mix



Ginger Paste



Roasted Peanuts



Beef Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

A 'salad' dish for meat lovers, larb is a Southeast Asian salad based on minced meat. In our version, we've bulked it up with fragrant jasmine rice, and flavoured the juicy pork mince with oyster sauce, soy sauce and ginger for the perfect balance of bold flavours.

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

Pantry items

Olive Oil, Butter, Soy Sauce, Honey, Vinegar (White Wine or Rice Wine)

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
carrot	1	2
Asian greens	1 bunch	2 bunches
spring onion	1 stem	2 stems
oyster sauce	1 large packet	2 large packets
soy sauce*	1 tsp	2 tsp
honey*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	1 tsp	2 tsp
pork mince	1 packet	1 packet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
ginger paste	1 medium packet	1 large packet
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)	4292kJ (1026Cal)	760kJ (182Cal)
Protein (g)	38.3g	6.8g
Fat, total (g)	57g	10.1g
- saturated (g)	15.3g	2.7g
Carbohydrate (g)	86.2g	15.3g
- sugars (g)	17.8g	3.2g
Sodium (mg)	848mg	150mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4583kJ (1095Cal)	811kJ (194Cal)
Protein (g)	42.5g	7.5g
Fat, total (g)	61.5g	8.8g
- saturated (g)	18.2g	3.2g
Carbohydrate (g)	86.2g	15.3g
- sugars (g)	17.8g	3.2g
Sodium (mg)	827mg	146mg

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](https://www.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 garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

4

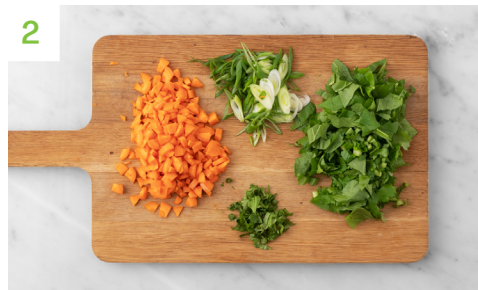


Cook the pork & veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork mince** and **carrot**, breaking up mince with a spoon, until just browned, **5-6 minutes**.
- Add **Asian greens** and **shredded cabbage mix** and cook, tossing until just wilted, **1-2 minutes**.

Custom Recipe: If you swapped from pork to beef mince, cook in the same way as above.

2



Get prepped

- While the rice is cooking, finely chop **carrot**. Roughly chop **Asian greens**. Thinly slice **spring onion**.

5



Bring it all together

- Add **ginger paste** and remaining **garlic** and cook, tossing, until fragrant, **1 minute**.
- Add **oyster sauce mixture** and stir until slightly reduced, **1 minute**. Season with **salt** and **pepper**.

3



Make the sauce

- In a small bowl, combine **oyster sauce**, the **soy sauce**, **honey**, **vinegar** and a splash of **water**.

Little cooks: Take charge by combining the sauces!

6



Serve up

- Divide garlic rice between bowls. Top with Asian pork larb.
- Sprinkle over **roasted peanuts** and spring onion to garnish. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the garnish!

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