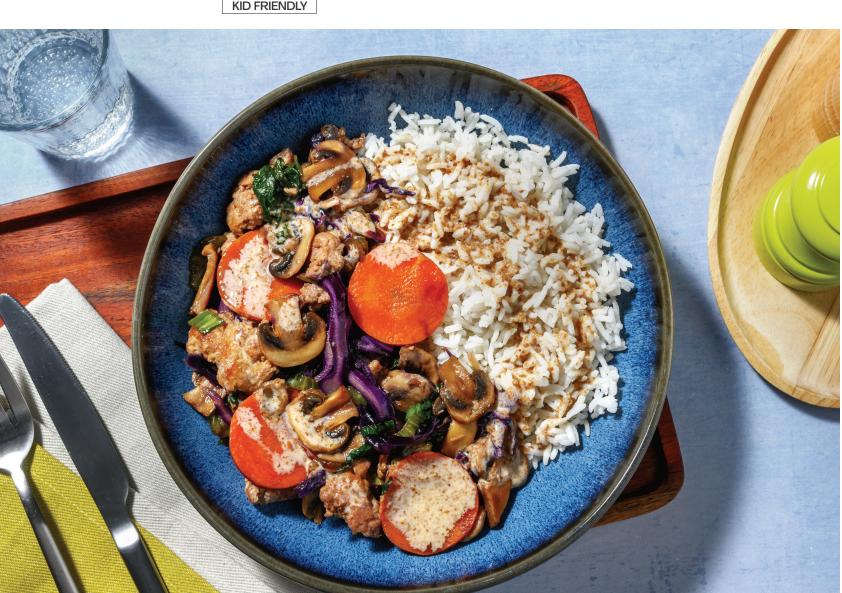


# Teriyaki Pork & Mushroom Rice Bowl with Pre-Prepped Veggies & Sesame Dressing

KID FRIENDLY



Grab your meal kit with this number





Jasmine Rice

**Button Mushrooms** 





Teriyaki Sauce

Pork Mince







Sesame Dressing







Prep in: 15-25 mins Ready in: 15-25 mins **Pantry items** Olive Oil, Soy Sauce, Brown Sugar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
jasmine rice	1 medium packet	1 large packet
button mushrooms	1 medium packet	1 large packet
teriyaki sauce	1 medium packet	1 large packet
soy sauce*	2 tbs	⅓ cup
brown sugar*	½ tbs	1 tbs
pork mince	1 medium packet	2 medium packets OR 1 large packet
Asian stir-fry mix	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
sesame dressing	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2813kJ (672Cal)	552kJ (132Cal)
Protein (g)	35g	6.9g
Fat, total (g)	21.7g	4.3g
- saturated (g)	6.6g	1.3g
Carbohydrate (g)	78.7g	15.4g
- sugars (g)	15.6g	3.1g
Sodium (mg)	796mg	156mg
Dietary Fibre (g)	8g	1.6g

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.



#### Cook the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add jasmine rice and a pinch of salt and cook, uncovered, over high heat until tender, 12-14 minutes.
- · Drain and set aside.



#### Get prepped

- Meanwhile, thinly slice button mushrooms.
- In a small bowl, combine teriyaki sauce, the soy sauce and brown sugar.
  Set aside.

Little cooks: Kids can help combine the sauces!



# Cook the pork & veggies

- In a large frying pan, heat a generous drizzle of olive oil 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.



## Serve up

- Divide jasmine rice between bowls.
- Top with teriyaki pork and mushrooms.
- Drizzle with sesame dressing to serve. Enjoy!

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



