



Teriyaki Pork & Mushroom Rice Bowl

with Pre-Prepped Veggies & Sesame Dressing

KID FRIENDLY

Grab your meal kit with this number

26



Jasmine Rice



Button Mushrooms



Teriyaki Sauce



Pork Mince



Asian Stir-Fry Mix



Ginger Paste



Sesame Dressing



Beef Mince



Beef Strips

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.

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	¼ 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

*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.



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**.



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!



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.

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS

 **SWAP TO BEEF MINCE**
Follow method above.

 **SWAP TO BEEF STRIPS**
Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

