



Thai Pork & Mushroom Stir-Fry

with Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Courgette



Lemon



Ginger



Button Mushrooms



Coriander



Pork Mince



Thai Seven Spice Blend



Kecap Manis

Hands-on: 20-30 mins
Ready in: 30-40 mins

This dish is an irresistible combination of courgette, tasty pork and garlicky rice, with the feel-good factor of cooking a filling meal from scratch. The best part is the addition of aromatic ginger to make it super satisfying.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
courgette	1	2
lemon	½	1
ginger	1 knob	2 knobs
button mushrooms	1 punnet (150g)	1 punnet (250g)
coriander	1 bunch	1 bunch
pork mince	1 packet	1 packet
Thai seven spice blend	½ sachet	1 sachet
kecap manis	1 sachet (75g)	2 sachets (150g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2900kJ (692Cal)	620kJ (148Cal)
Protein (g)	35.3g	7.6g
Fat, total (g)	18.5g	4.0g
- saturated (g)	9.0g	1.9g
Carbohydrate (g)	90.8g	19.4g
- sugars (g)	23.6g	5.1g
Sodium (mg)	1080mg	231mg

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 garlic rice

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

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



Get prepped

While the rice is cooking, thinly slice the **courgette** into half-moons. Zest the **lemon** to get a pinch, then slice into wedges. Finely grate the **ginger**. Thinly slice the **button mushrooms**. Roughly chop the **coriander**.



Cook the pork

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Add the **pork mince**, then season with **salt** and cook, breaking up with a spoon, until browned and cooked through, **4-5 minutes**. Transfer to a bowl.



Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **courgette** and sliced **mushrooms** and cook until tender, **5-6 minutes**. Add the **ginger**, remaining **garlic** and the **Thai seven spice blend** (see ingredients) and cook until fragrant, **1 minute**.



Make it saucy

Return the **pork** to the frying pan and stir to coat. Add the **kecap manis**, **lemon zest**, a splash of **water** and a generous squeeze of **lemon juice** and stir to combine.



Serve up

Divide the garlic rice between bowls. Top with the Thai pork and mushroom stir-fry. Garnish with the coriander and serve with any remaining lemon wedges.

Enjoy!