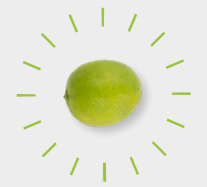




THAI-STYLE PORK FRIED RICE

with Sesame Fried Egg & Cashews



Add lime to fried rice for zesty flavour!



Jasmine Rice



Garlic



Coriander



Carrot



Asian Greens



Snow Peas



Spring Onion



Ginger



Lime



Pork Mince



Black Sesame Seeds



Roasted Cashews

Hands-on: 30 mins
Ready in: 35 mins

Fried rice is a classic in many parts of Asia, and each country – and cook – puts their individual spin on the tasty dish. Try this Thai-inspired version for a change, with zingy ginger and lime plus tender pork mince and fresh veggies, it will quickly become a favourite!

Pantry Staples: Olive Oil, Sugar, Soy Sauce, Eggs

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium saucepan** with a **lid** • **large frying pan** or **wok**



1 COOK THE RICE

In a medium saucepan, bring the **water** and **jasmine rice** to the boil over a high heat. Reduce the heat to medium and simmer, stirring occasionally, for **10 minutes**, or until the rice is almost tender (the rice will continue cooking in step 5).



2 PREP THE VEG & PORK

While the rice is cooking, finely chop the **garlic** (or use a garlic press). Roughly chop the **coriander**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Trim the ends of the **snow peas** and cut in half. Thinly slice the **spring onion**. Finely grate the **ginger**. Zest the **lime** to get a **generous pinch**, then juice the lime. In a small bowl, combine the lime juice and zest, ginger, **sugar** and **1/2** of the **soy sauce** and mix well to combine. Set aside. In a medium bowl, combine the **pork mince** and the remaining soy sauce and mix well to combine.



3 COOK THE VEGGIES

Heat a **drizzle of olive oil** in a large frying pan or wok over high heat. Once hot, add the **carrot** and cook, stirring, for **1 minute** or until slightly softened. Add the **pork mince** and cook, breaking up with a wooden spoon, for **2-3 minutes**, or until browned. Add the **Asian greens** and **snow peas** and cook for **1 minute**, or until tender. Transfer to a medium bowl.



4 FRY THE EGGS

Return the frying pan to a medium heat with a **drizzle of olive oil**. Crack the **eggs** into the pan and sprinkle with the **black sesame seeds** (see ingredients list). Cook for **4-5 minutes**, or until the egg white is cooked and the yolk is just firm. Transfer to a plate.



5 FRY THE RICE

Return the pan to a high heat with a **drizzle of olive oil**. Add the sliced **spring onions**, **garlic**, cooked **rice** and the **salt** and cook, stirring, for **1-2 minutes**, or until fragrant. Add the **pork** and cooked **vegetables**, **lime juice mixture** and **1/2** the **coriander** and cook, tossing, for **1 minute**, or until heated through.



6 SERVE UP

Divide the Thai-style pork fried rice between bowls. Top with a sesame fried egg. Sprinkle with the **roasted cashews** and the remaining coriander.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
garlic	2 cloves	4 cloves
coriander	1 bunch	1 bunch
carrot	1	2
Asian greens	1 bunch	2 bunches
snow peas	1 bag (100 g)	2 bags (200 g)
spring onion	1 bunch	1 bunch
ginger	1 knob	2 knobs
lime	1	2
sugar*	2 tsp	1 tbs
soy sauce*	4 tbs	8 tbs
pork mince	1 packet	1 packet
eggs*	2	4
black sesame seeds	½ sachet	1 sachet
salt*	¼ tsp	½ tsp
roasted cashews	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3020kJ (722Cal)	581kJ (139Cal)
Protein (g)	46.3g	8.9g
Fat, total (g)	23.0g	4.4g
- saturated (g)	6.1g	1.2g
Carbohydrate (g)	78.8g	15.2g
- sugars (g)	15.3g	3.0g
Sodium (g)	1800mg	345mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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