



Pork and Pak Choi Rice

with chilli and coriander

Classic 35-40 mins • Optional spice • Eat me first

1



Pork Mince



Garlic



Scallion



Rice



Soy Sauce



Onion



Chilli



Pak Choi



Ketjap Manis



Coriander

Pantry Items: Salt, Pepper, Water, Oil

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Lid, Pot, Sieve

Ingredients

	2P	4P
Pork Mince	250 g	500 g
Garlic	2 units	4 units
Scallion	1 unit	2 units
Rice	150 g	300 g
Soy Sauce	1 sachet	2 sachets
Onion	1 unit	2 units
Chilli	½ unit	1 unit
Pak Choi	1 unit	2 units
Ketjap Manis	2 sachets	4 sachets
Coriander	5 g	10 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	366.2 g	100 g
Energy (kJ/kcal)	2439.4 kJ/ 583 kcal	666 kJ/ 159.2 kcal
Fat (g)	16.1 g	4.4 g
Sat. Fat (g)	5.5 g	1.5 g
Carbohydrate (g)	75.8 g	20.7 g
Sugars (g)	13.1 g	3.6 g
Protein (g)	33.8 g	9.2 g
Salt (g)	3 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



Make the Rice

- Boil a large pot of **salted water** for the **rice**.
- Add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.

TIP: If you're in a hurry you can boil the water in your kettle.



Prep the Veg

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** lengthways. Deseed and finely chop half (double for 4p).
- Trim the **scallion** and thinly slice. Trim the **pak choi**, then thinly slice widthways.
- Roughly chop the **coriander** (stalks and all).



Cook the Pork

- Place a large pan over high heat (without oil).
- Once the pan is hot, add the **pork mince** and fry until browned, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The pork is cooked when no longer pink in the middle.
- Use a spoon to break it up as it cooks.
- Season with **salt** and **pepper**.



Add the Veg

- Add the **pak choi**, **onion**, **garlic**, **scallion** and chopped **chilli** (use less if you don't like spice) to the pan.
- Drizzle in a little **oil** if necessary.
- Cook until the veg is softened, 4-5 mins.



Stir in the Sauce

- Pour in the **ketjap manis** and **soy sauce** and stir everything together.
- Season to taste with **salt** and **pepper**.
- Remove the pan from the heat.
- Stir in half the **coriander**.

TIP: If the mixture is a little dry add a splash of water.



Finish and Serve

- Fluff up the **rice** with a fork and share between your bowls.
- Top with the **pork** stir-fry and remaining **coriander**.

Enjoy!