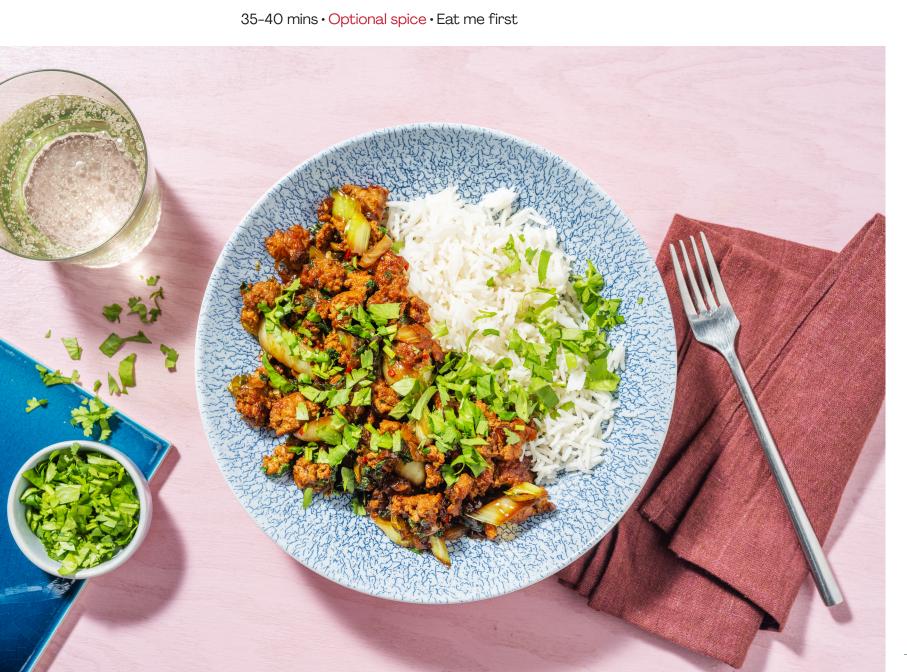


# Pork and Pak Choi Rice

with chilli and coriander





















Soy Sauce









Ketjap Manis

Coriander

#### Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater, pot with lid

## Ingredients

	2P	4P
Pork Mince	250 g	500 g
Garlic	2 units	4 units
Scallion	2 units	4 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	381.3 g	100 g
Energy (kJ/kcal)	2443.5 kJ/ 584 kcal	640.8 kJ/ 153.2 kcal
Fat (g)	16 g	4.2 g
Sat. Fat (g)	5.6 g	1.5 g
Carbohydrate (g)	77 g	20.2 g
Sugars (g)	13.7 g	3.6 g
Protein (g)	33.3 g	8.7 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.



#### Make the Rice

- Add 300ml cold **salted water** (double for 4p) to a medium pot with a tight-fitting lid.
- Stir in the rice and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 10 mins, then remove the pot from the heat.
- Keep covered for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



## **Get Prepped**

- 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.



#### 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: Add a splash of water if the mixture is too dry.



#### 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!



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

