



Pork and Pak Choi Rice

with chilli and coriander

35-40 mins • Optional spice • Eat me first

2



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!

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.

Contact

Thumbs up or thumbs down?
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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).



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.



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).



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.



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.



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!