



Quick and Easy Stir-fried Pork

with sugar snaps and peppers

Family Quick Cook 20-25 mins • Eat me first

6



Pork Mince



Sugar Snap Peas



Bell Pepper



Garlic



Rice



Teriyaki Sauce



Pantry Items: Water, Salt, Pepper, Oil

Before you start

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

Cooking tools you will need

Grater, Large Pot, Lid, Sieve

Ingredients

	2P	4P
Pork Mince	250 g	500 g
Sugar Snap Peas	150 g	300 g
Bell Pepper	1 unit	2 units
Garlic	1 unit	2 units
Rice	150 g	300 g
Teriyaki Sauce	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	442.5 g	100 g
Energy (kJ/kcal)	2871.8 kJ/ 686.4 kcal	649 kJ/ 155.1 kcal
Fat (g)	19.8 g	4.5 g
Sat. Fat (g)	5.6 g	1.3 g
Carbohydrate (g)	91.4 g	20.7 g
Sugars (g)	27 g	6.1 g
Protein (g)	35.2 g	7.9 g
Salt (g)	5.4 g	1.2 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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rate this recipe.



You can recycle me!



Cook 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.



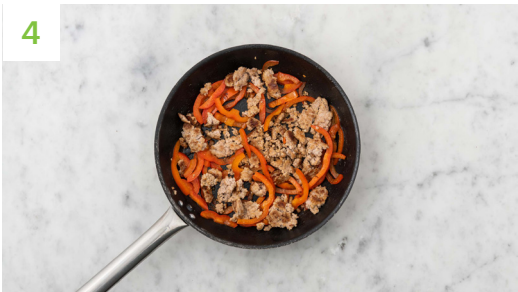
Prep the Veg

- While the **rice** cooks, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press).
- Slice the **sugar snaps** in half.



Fry the Peppers

- Place a medium pan over high heat with a drizzle of **oil**.
- Once the **oil** is hot, add the **pepper**.
- Stir-fry until just soft, 3-4 mins.



Add the Pork

- Add the **pork mince** to the **pepper** and cook until browned, 5-6 mins.
- Use a spoon to break it up as it cooks.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The pork is cooked when no longer pink in the middle.



Stir in the Sauce

- Once the **pork** is browned, add the **garlic** to the pan and stir-fry for 1 min.
- Stir in the **teriyaki sauce** and cook for 1 min more.
- Taste and season with **salt** and **pepper** if needed.
- Add a splash of **water** if it's a little dry.



Dish Up

- Fluff up the **rice** with a fork, then share between your bowls.
- Top with the teriyaki **pork** stir-fry and sliced **sugar snaps**.

Enjoy!