



Sugar Snap Stir-fried Pork

with fluffy rice and fried peppers

Family Quick Cook 20-25 mins • Eat me first

3



Pork Mince



Sugar Snap Peas



Bell Pepper



Garlic



Rice



Teriyaki Sauce

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, lid, medium pot

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) | 2849.8 kJ/ 681.1 kcal | 644 kJ/ 153.9 kcal |
| Fat (g) | 19.8 g | 4.5 g |
| Sat. Fat (g) | 5.6 g | 1.3 g |
| Carbohydrate (g) | 90.9 g | 20.5 g |
| Sugars (g) | 27.3 g | 6.2 g |
| Protein (g) | 34.4 g | 7.8 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?
Head online or use the app to rate this recipe.

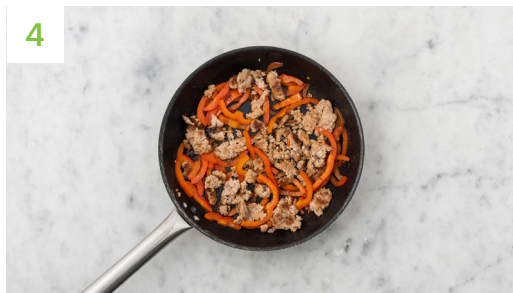


You can recycle me!



Cook 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 (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



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. Pork is cooked when no longer pink in the middle.



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**.



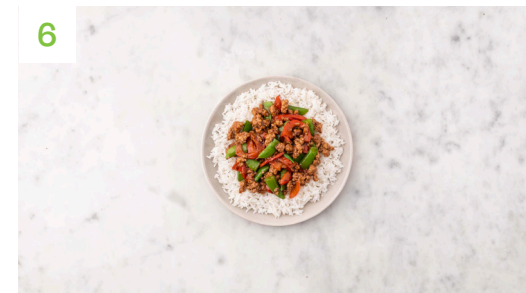
Stir in the Sauce

- Once the **pork** is browned, add the **garlic** and **sugar snaps** 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.



Fry the Pepper

- 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.



Dish Up

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

Enjoy!