

# Thai Ginger & Lemongrass Pork Larb with Rice, Sesame Salad & Mint

FEEL-GOOD TAKEAWAY

Grab your meal kit with this number







Cucumber









Pork Mince

Seasoning





Ginger Lemongrass

Sauce

Mixed Salad



Sweet Chilli

Leaves

Sesame Dressing









Prep in: 15-25 mins Ready in: 30-40 mins



## Before you start

All ingredients are portioned according to plan size. Wash hands and fresh veggies.

Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

#### You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

3					
	2P	3P	4P	5P	6P
olive oil*		refe	r to me	thod	
water* (cup(s))	1	2	2	3	3
jasmine rice (packet(s))	1	1	1	2	2
cucumber	1	2	2	3	3
apple	1	1	2	2	3
lime	1/2	1	1	11/2	2
pork mince (grams)	250g	375g	500g	625g	750g
sweet soy seasoning (sachet(s))	1	2	2	3	3
ginger lemongrass paste (packet(s))	1	2	2	3	3
sweet chilli sauce (packet(s))	1	1	1	2	2
soy sauce* (tbsp(s))	1/2	1	1	11/2	11/2
mixed salad leaves (packet(s))	1	1	2	2	3
sesame dressing (packet(s))	1	1	2	2	3
mint (packet(s))	1	1	1	2	2
* Dantos Itama					

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3010kJ (720Cal)	656kJ (157Cal)
Protein (g)	32.6g	7.1g
Fat, total (g)	28.6g	6.2g
- saturated (g)	7.5g	1.6g
Carbohydrate (g)	82.2g	17.9g
- sugars (g)	16.2g	3.5g
Sodium (mg)	1340mg	292mg
Dietary Fibre (g)	20.4g	4.4g

The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Cook the rice

- Add the water to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for 10 minutes, then remove pan from heat and keep covered until rice is tender and water is absorbed, 10 minutes.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Get prepped

- Meanwhile, using a vegetable peeler, peel cucumber (stopping when you reach the seeds in the centre) into ribbons.
- Cut apple into thin sticks.
- Cut lime into wedges.



# Cook the pork

- When rice has 5 minutes remaining, in a large frying pan, heat a drizzle of olive oil over high heat. Cook pork mince, breaking up with a spoon, until just browned, 3-4 minutes.
- Add sweet soy seasoning and ginger lemongrass paste and cook until fragrant, 1 minute.
- Remove from heat, then stir in sweet chilli sauce, the soy sauce and a squeeze of lime juice, until pork is coated.



#### Finish & serve

- In a medium bowl, combine cucumber, apple, mixed salad leaves and sesame dressing. Season to taste with salt and pepper.
- Divide rice and sesame salad between bowls.
- Top with Thai ginger and lemongrass pork larb.
- Tear over **mint**. Serve with remaining lime wedges. Enjoy!

