Iceberg Lettuce

Ginger

Mint

Salted Peanuts

Thai Spice Blend

Soy Sauce

Jasmine Rice

Cucumber

Garlic Clove

Lime

Pork Mince

Ketjap Manis

Honey

HELLO FRESH

Thai Larb Style Pork Salad
with Sticky Rice

Classic · 35 Minutes · Medium Spice · 1 of your 5 a day

1 — Cook the Rice

Pour the cold **water** for the rice (see ingredients for amount) into a medium saucepan with a tight fitting lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan 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).

2 — Get Prepped!

Trim the **cucumber** then **quarter** lengthways. Chop widthways into small pieces. Peel and grate the **ginger**. Peel and grate the **garlic** (or use a garlic press,). Pick the **mint leaves** from the **stalks**. Zest and halve the **lime**. Roughly chop the **peanuts**.

3 — Fry the Pork

Heat a drizzle of oil in a frying pan on medium-high heat. When hot, add the **pork mince** and cook until browned, 4-5 mins. Use a wooden spoon to break it up as it cooks. Drain and discard any excess fat from the **pork**, then season with **salt** and **pepper. IMPORTANT:** *Wash your hands and equipment after handling raw meat.* **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.* Add the **Thai spice blend** (see ingredients for amount, add less if you don't like heat), **ginger** and **garlic**, stir-fry for 1-2 mins. Add the **ketjap manis** with a splash of **water**, stir and simmer until glazed, 1 minute. Cover to keep warm while you make the **salad.**

4 — Make the Dressing

Meanwhile, mix the **soy sauce**, **honey** and the **juice** from the **lime** (see ingredientsh for amount) together in a large bowl. Set to one side.

5 — Make the Salad

Pop the **lettuce, cucumber** and **mint leaves** into the dressing bowl. Toss to coat.

6 — Serve

Reheat the **mince mixture** until piping hot. Fluff up your **rice**, stir in the **lime zest**, divide the **rice** between bowls and top with the **mince**. Sprinkle over the **peanuts**. Serve with the **salad** alongside. To get the most enjoyment, eat the **salad, mince** and **rice** all together.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: *Always check the packaging of individual products/ingredients for up to date information.*

Missing Ingredients: *You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.*

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Measuring Jug, Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Bowl.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Iceberg Lettuce**	100g	150g	200g
Cucumber**	½	¾	1
Ginger**	½	¾	1
Garlic Clove	1 clove	2 cloves	2 cloves
Mint**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Salted Peanuts 1)	25g	40g	40g
Pork Mince**	240g	360g	480g
Thai Spice Blend	1 small sachet	1 large sachet	2 small sachets
Ketjap Manis 11) 13)	1 sachet	2 sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets
Honey	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving 351g	Per 100g 100g
Energy (kJ/kcal)	2799 /669	799 /191
Fat (g)	24	7
Sat. Fat (g)	7	2
Carbohydrate (g)	80	23
Sugars (g)	15	4
Protein (g)	33	9
Salt (g)	2.50	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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