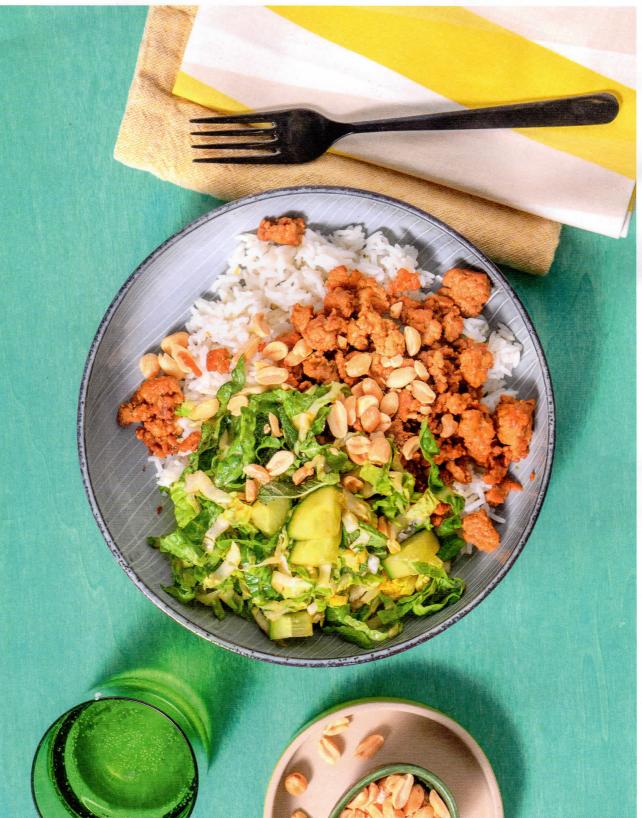


# Thai Larb Style Pork Salad with Sticky Rice

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





Honey

### 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	35	4P
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Iceberg Lettuce**	100g	150g	200g
Cucumber**	1/2	3/4	1
Ginger**	1/2	3/4	1
Garlic Clove	1 clove	2 cloves	2 cloves
Mint**	1 bunch	1 bunch	1 bunch
Lime**	1/2	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

	Per serving	Per 100g
for uncooked ingredient	351g	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	6
(=) +(=)	2 60	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!

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

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

#### Contact

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#### Cook the Rice

heat. Once boiling, turn the heat down to its lowest side for another 10 mins or until ready to serve (the setting. Leave to cook for 10 mins, then remove the with the lid and bring to the boil on medium-high for amount) into a medium saucepan with a tight pan from the heat (still covered) and leave to the Pour the cold water for the rice (see ingredients fitting lid. Stir in the rice and 1/4 tsp of salt, cover ice will continue to cook in its own steam)



#### Get Prepped!

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



#### Fry the Pork

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



## Make the Salad

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

juice from the lime (see ingredientsh for amount)

together in a large bowl. Set to one side.

Meanwhile, mix the soy sauce, honey and the

Make the Dressing



#### Serve

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

## There may be changes to ingredients in recipes:

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes. Allergens: Always check the packaging of individual products/ingredients for up to date information.

