



Easy Miso Pork & Mushroom Stir-Fry

with Rice & Sesame Seeds

NEW

Grab your meal kit with this number

12



Jasmine Rice



Asian Greens



Sliced Mushrooms



Pork Mince



Sweet Soy Seasoning



Miso Paste



Sesame Seeds



Pork Mince



Beef Mince

Prep in: 15-25 mins
Ready in: 25-35 mins



Protein Rich



Eat Me First

A bowl of goodness is what you ordered and a bowl of goodness is what you shall receive! This miso stir-fry comes with great reviews from our test kitchen and when laced in meaty mushrooms, pork mince and Asian greens, we're sure it'll also be a hit in your household!

Pantry items

Olive Oil, Brown Sugar, Soy Sauce

Before you start

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.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
Asian greens	1 packet	2 packets
sliced mushrooms	1 medium packet	1 large packet
pork mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
miso paste	1 packet	2 packets
brown sugar*	1 tbs	2 tbs
water* (for the pork)	¼ cup	½ cup
soy sauce*	½ tbs	1 tbs
sesame seeds	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2752kJ (658cal)	663kJ (160cal)
Protein (g)	35.2g	8.5g
Fat, total (g)	23.8g	5.7g
- saturated (g)	7.2g	1.7g
Carbohydrate (g)	71.6g	17.3g
- sugars (g)	8.1g	2g
Sodium (mg)	1045mg	251.8mg
Dietary Fibre (g)	20.4g	4.9g

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.

1



Cook the rice

- Add the **water (for the rice)** 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 the pan from heat and keep covered until rice is tender and all the water is absorbed, **10 minutes**.

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

3



Make it saucy

- Add **Asian greens, sweet soy seasoning, miso paste** and the **brown sugar**, tossing, until slightly caramelised, **1-2 minutes**.
- Stir in the **water (for the pork)** and **soy sauce**, until just combined, **1 minute**. Season with **pepper**.

2



Get prepped & cook the pork

- Meanwhile, roughly chop **Asian greens**.
- When rice has **10 minutes** remaining, in a large frying pan, heat a good drizzle of **olive oil** over high heat.
- Cook **sliced mushrooms**, tossing, until just browned and softened, **2-3 minutes**.
- Add **pork mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**.

4



Serve up

- Divide rice between bowls.
- Top with miso pork and mushroom stir-fry.
- Sprinkle with **sesame seeds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



CUSTOM OPTIONS



DOUBLE PORK MINCE

Follow method above, cooking in batches if necessary.



SWAP TO BEEF MINCE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

