

NEW













Sliced Mushrooms

Pork Mince







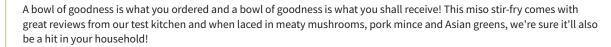
Sesame Seeds













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)	1/4 cup	½ cup
soy sauce*	½ tbs	1 tbs
sesame seeds	1 medium sachet	1 large sachet
* D		

<sup>\*</sup>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.



#### 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!



## Make it saucu

- 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.



# 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.



## Serve up

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

