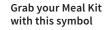


# Dinner - Pork Bun Cha Rice Bowl Lunch - Banh Mi Wraps









**Red Onion** 







Asian Greens



Long Chilli (Optional)





Pork Mince

Hoisin Sauce







Fine Breadcrumbs

For your lunch





Carrot

Cucumber





Mini Flour Tortillas

Mixed Salad Leaves





**Pantry items** 

Olive Oil, Butter, Rice Wine Vinegar, Egg



Prep in: 40-50 mins Ready in: 45-55 mins

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new twist on the recipe to create something different for lunch the next day! Serve up Vietnamese pork meatballs with pickled onion and veggies for dinner, then serve the extra meatballs with coconut mayo and crunchy veggies in a wrap, banh mi style, for lunch. Extra delicious!

Before you start Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a

#### You will need

Medium saucepan with a lid · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	6 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
red onion	1/2	1
rice wine vinegar*	1/4 cup	½ cup
spring onion	1 stem	2 stems
pea pods	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
mint	1 bag	1 bag
long chilli ∮ (optional)	1/2	1
pork mince	1 medium packet	1 small & 1 medium packet
hoisin sauce	1 packet	1½ packets
fine breadcrumbs	1 large packet	1½ large packets
egg*	1	2
sweet chilli sauce	1 large packet	2 large packets
carrot	1	1
cucumber	1	1
mini flour tortillas	6	6
mixed salad leaves	1 small bag	1 small bag
coconut sweet chilli mayonnaise	2 packets (100g)	2 packets (100g)

\*Pantry Items

### Nutrition

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Dinner		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3290kJ (785Cal)	685kJ (164Cal)
Protein (g)	37.7g	7.9g
Fat, total (g)	20.8g	4.4g
- saturated (g)	9.5g	2.0g
Carbohydrate (g)	108g	22.5g
- sugars (g)	32.8g	6.9g
Sodium (g)	1120mg	233mg
Lunch		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3710kJ (886Cal)	793kJ (189Cal)
Protein (g)	36.0g	7.7g
Fat, total (g)	49.9g	10.7g
- saturated (g)	7.1g	1.5g
Carbohydrate (g)	71.8g	15.3g
- sugars (g)	15.9g	3.4g
Sodium (mg)	1100mg	234mg

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 Scap here if you have any questions or concerns a subst 2022 die W3 please be aware allergens may have charge



### Cook the garlic rice

- Finely chop garlic.
- In a medium saucepan, melt the **butter** with a dash of olive oil over medium heat. Cook 1/2 the garlic until fragrant, 1-2 minutes.
- Add the water to the pan and bring to the boil. Add jasmine rice, stir, cover with a lid and reduce heat to low.
- · Cook for 12 minutes, then remove from heat and keep covered until rice is tender and water is absorbed, 10-15 minutes.

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



# Cook the veggies

- · Return frying pan to medium-high heat with a drizzle of olive oil. Cook pea pods, tossing, until just tender, 2-3 minutes.
- · Add Asian greens and cook, tossing, until wilted, 1-2 minutes.



## Get prepped

- Meanwhile, thinly slice red onion (see ingredients).
- In a small bowl, combine the rice wine vinegar and a good pinch of sugar and salt. Scrunch sliced **onion** in your hands, then add it to the pickling liquid. Add just enough water to cover onion and stir to coat. Set aside until serving.
- Thinly slice **spring onion**. Trim **pea pods** and cut in half. Roughly chop Asian greens. Pick mint leaves, then roughly chop. Thinly slice long chilli (if using).



### Cook the meatballs

- In a large bowl, combine pork mince, hoisin sauce, spring onion, fine breadcrumbs, the egg and remaining garlic. Using damp hands, take heaped spoonfuls of mixture and shape into small meatballs (4-5 per person). Transfer to a plate.
- In a large frying pan, heat a drizzle of olive oil over medium heat. Cook meatballs until browned and cooked through, 8-10 minutes (cook in batches if your pan is getting crowded). Transfer to a bowl and cover to keep warm. Set aside.



### Serve dinner

- Set aside a portion of **pork meatballs** for lunch. Drain pickled onion.
- Divide garlic rice between bowls. Top with veggies, remaining pork meatballs and 1/2 the pickled onion.
- Drizzle with sweet chilli sauce. Garnish with 1/2 the **mint** and chilli to serve. Enjoy!



### Serve lunch

- When you're ready to pack your lunch, slice the reserved meatballs in half, then divide between two microwavable containers. Cut carrot into thin sticks (or grate if you prefer). Thinly slice cucumber into half-moons.
- Divide the 6 mini flour tortillas, carrot, cucumber, mixed salad leaves, remaining mint and pickled onion and a packet of coconut sweet chilli mayonnaise between two lunch containers. Refrigerate.
- At lunch, microwave the meatballs in 30 seconds bursts until heated through. Spread the mayonnaise over the tortillas and top with veggies and meatballs. Roll up to serve. Enjoy!

### Rate your recipe

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