

# Dinner - Pork Bun Cha Rice Bowl

## Lunch - Banh Mi Wraps



Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Red Onion



Spring Onion



Pea Pods



Asian Greens



Mint



Long Chilli (Optional)



Pork Mince



Hoisin Sauce



Fine Breadcrumbs



Sweet Chilli Sauce

**For your lunch**



Carrot



Cucumber



Mini Flour Tortillas



Mixed Salad Leaves



Coconut Sweet Chilli Mayonnaise

**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 wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

|  | 2 People         | 4 People                  |
|--|------------------|---------------------------|
| <b>olive oil*</b>  | refer to method  | refer to method           |
| garlic   | 4 cloves         | 6 cloves                  |
| <b>butter*</b>   | 20g              | 40g                       |
| <b>water*</b>  | 1¼ cups          | 2½ cups                   |
| jasmine rice   | 1 medium packet  | 1 large packet            |
| red onion  | ½                | 1                         |
| <b>rice wine vinegar*</b>  | ¼ 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) | ½                | 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          |
| <b>egg*</b>  | 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

| 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.

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Dinner

## 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!

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## 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**.

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## 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).

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## 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!

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## 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.

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Lunch

## 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!

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