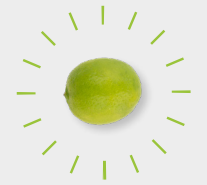




# THAI-STYLE PORK FRIED RICE

with Sesame Fried Egg & Cashews



Add lime to fried rice for zesty flavour!



Jasmine Rice



Garlic



Coriander



Carrot



Asian Greens



Sugar Snap Peas



Spring Onion



Ginger



Lime



Pork Mince



Black Sesame Seeds



Roasted Cashews

Hands-on: **30 mins**  
Ready in: **35 mins**  
Naturally gluten-free  
*Not suitable for Coeliacs*

Fried rice is a classic in many parts of Asia, and each country – and cook – puts their individual spin on the tasty dish. Try this Thai-inspired version for a change, with zingy ginger and lime plus tender pork mince and fresh veggies, it will quickly become a favourite!

**Pantry Staples:** Olive Oil, Sugar, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Eggs

# BEFORE YOU START

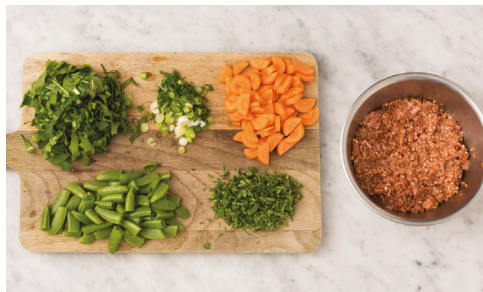
Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan** or **wok**



## 1 COOK THE RICE

In a medium saucepan, bring the **water** and **jasmine rice** to the boil over a high heat. Reduce the heat to medium and simmer, stirring occasionally, for **10 minutes**, or until the rice is almost tender (the rice will continue cooking in step 5).



## 2 PREP THE VEG & PORK

While the rice is cooking, finely chop the **garlic** (or use a garlic press). Roughly chop the **coriander**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Trim the ends of the **sugar snap peas** and cut in half. Thinly slice the **spring onion**. Finely grate the **ginger**. Zest the **lime** to get a **generous pinch**, then juice the lime. In a small bowl, combine the lime juice and zest, ginger, **sugar** and **1/3** of the **soy sauce** and mix well to combine. Set aside. In a medium bowl, combine the **pork mince** and the remaining soy sauce and mix well to combine.



## 3 COOK THE VEGGIES

Heat a **drizzle of olive oil** in a large frying pan or wok over high heat. Once hot, add the **carrot** and cook, stirring, for **1 minute** or until slightly softened. Add the **pork mince** and cook, breaking up with a wooden spoon, for **2-3 minutes**, or until browned. Add the **Asian greens** and **sugar snap peas** and cook for **1 minute**, or until tender. Transfer to a medium bowl.



## 4 FRY THE EGGS

Return the frying pan to a medium heat with a **drizzle of olive oil**. Crack the **eggs** into the pan and sprinkle with the **black sesame seeds** (see ingredients list). Cook for **4-5 minutes**, or until the egg white is cooked and the yolk is just firm. Transfer to a plate.



## 5 FRY THE RICE

Return the pan to a high heat with a **drizzle of olive oil**. Add the sliced **spring onions**, **garlic**, cooked **rice** and the **salt** and cook, stirring, for **1-2 minutes**, or until fragrant. Add the **pork** and cooked **vegetables**, **lime juice mixture** and **1/2** the **coriander** and cook, tossing, for **1 minute**, or until heated through.



## 6 SERVE UP

Divide the Thai-style pork fried rice between bowls. Top with a sesame fried egg. Sprinkle with the **roasted cashews** and the remaining coriander.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
garlic	2 cloves	4 cloves
coriander	1 bunch	1 bunch
carrot	1	2
Asian greens	1 bunch	2 bunches
sugar snap peas	1 bag (100 g)	1 bag (200 g)
spring onion	1 bunch	1 bunch
ginger	1 knob	2 knobs
lime	1	2
sugar*	2 tsp	1 tbs
soy sauce* (or gluten-free tamari soy sauce)	3 tbs	6 tbs
pork mince	1 packet	1 packet
eggs*	2	4
black sesame seeds	½ sachet	1 sachet
salt*	¼ tsp	½ tsp
roasted cashews	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3020kJ (722Cal)	581kJ (139Cal)
Protein (g)	46.3g	8.9g
Fat, total (g)	23.0g	4.4g
- saturated (g)	6.1g	1.2g
Carbohydrate (g)	78.8g	15.2g
- sugars (g)	15.3g	3.0g
Sodium (g)	1800mg	345mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://HelloFresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

[Hello@HelloFresh.com.au](mailto>Hello@HelloFresh.com.au)

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