



Dinner - Pork Bun Cha Rice Bowl

Lunch - Banh Mi Wraps



Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Red Onion



Mint



Spring Onion



Sugar Snap Peas



Asian Greens



Long Red Chilli (Optional)



Pork Mince



Hoisin Sauce



Fine Breadcrumbs



Sweet Chilli Sauce

FOR YOUR LUNCH



Carrot



Cucumber



Classic Wraps



Mixed Salad Leaves



Coconut Sweet Chilli Mayonnaise



DINNER

Hands-on: **40-50** mins

Ready in: **45-55** mins



Spicy (optional long red chilli)

LUNCH

Ready in: **10** 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 leftover meatballs with coconut mayo and crunchy veggies in a wrap, banh mi style, for lunch. Extra delicious!

Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Egg

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
olive oil*	refer to method	refer to method
garlic	4 cloves	6 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
mint	1 bunch	1 bunch
spring onion	1 bunch	1 bunch
sugar snap peas	1 bag (100g)	1 bag (200g)
Asian greens	1 bunch	2 bunches
long red chilli (optional)	1	2
pork mince	1 large packet	1 large & 1 small packet
hoisin sauce	1 sachet	1½ sachets
fine breadcrumbs	2 packets	3 packets
egg*	1	2
sweet chilli sauce	1 packet (100g)	2 packets (200g)
carrot	1	1
cucumber	1	1
classic wraps	4	4
mixed salad leaves	1 bag (30g)	1 bag (30g)
coconut sweet chilli mayonnaise	2 packet (100g)	2 packets (100g)

*Pantry Items

Nutrition

DINNER	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 (mg)	1120mg	233mg

LUNCH

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

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.

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DINNER



1. Cook the garlic rice

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

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



4. Cook the veggies

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil** if needed. Add the **sugar snap peas** and cook, tossing, until just tender, **2-3 minutes**. Add the **Asian greens** and cook, tossing, until wilted, **1-2 minutes**.



2. Get prepped

While the rice is cooking, thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar** and a **good pinch** of **sugar** and **salt**. Add **enough water** to cover the **onion** completely and stir to coat. Set aside until serving time. Thinly slice the **spring onion**. Trim the **sugar snap peas** and cut in half. Roughly chop the **Asian greens**. Pick the **mint** leaves and roughly chop. Thinly slice the **long red chilli** (if using).



5. Serve up dinner

Set aside two portions of the **pork meatballs** for lunch. Drain the pickled **onion**. Divide the **garlic rice** between bowls. Top with the **veggies**, **pork meatballs** and **1/2** the pickled **onion**. **Drizzle** with the **sweet chilli sauce** and garnish with **1/2** the **mint** and the **chilli** (if using).



3. Cook the meatballs

In a large bowl, combine the **pork mince**, **hoisin sauce** (see ingredients list), **spring onion**, **fine breadcrumbs**, **egg** and **remaining garlic**. Using damp hands, take a spoonful of mixture and shape into a small meatball. Transfer to a plate and repeat with remaining mixture. In a large frying pan, heat a **drizzle** of **olive oil** over a medium heat. Add the **meatballs** and cook until browned and cooked through, **8-10 minutes**. Remove from the pan and set aside. Cover with foil to keep warm.



6. Make lunch

When you're ready to pack your lunch, cut the **reserved meatballs** in half and divide between two microwavable containers. Cut the **carrot** (unpeeled) into thin matchsticks (or grate if you prefer). Thinly slice the **cucumber** into half-moons. Divide **4 classic wraps**, **carrot**, **cucumber**, **mixed salad leaves**, the **remaining mint** and **pickled onion** and the **coconut sweet chilli mayonnaise** between two lunch packages. Refrigerate. At lunch, microwave the meatballs in **30 second bursts** until heated through. Spread the **mayonnaise** over the wraps and top with **veggies** and **meatballs**. Roll up and enjoy!

Enjoy!