



Everything  
But The Chef

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WK16  
2015



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## Fresh & Zingy Pork Larb

Combine zingy pork mince, flavoured with a hit of fresh ginger and garlic, and crunchy lettuce leaves and you are onto a winner. It's just a race against the clock as to who gets the last leaf... Go!



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 1



lactose free



nut free



Rice



Ginger



Chilli



Garlic



Pork Mince



Lemon



Red Onion



Coriander



Cos Lettuce

2P	4P	Ingredients
150 g	300 g	rice
2 tbs	4 tbs	vegetable oil *
1 knob	2 knobs	ginger, peeled & chopped
1	2	chilli, chopped ⊕
2	4	garlic cloves, peeled & crushed ⊕
300 g	600 g	pork mince
1	2	lemon, juiced ⊕
1 tbs	2 tbs	fish sauce *
1 tsp	2 tsp	brown sugar *
1/2	1	red onion, diced ⊕
1 tbs	2 tbs	coriander, chopped ⊕
1 head	2 heads	cos lettuce, washed

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	1990	Kj
Protein	44.6	g
Fat, total	18.5	g
-saturated	5.7	g
Carbohydrate	5.4	g
-sugars	4.1	g

#### Measuretool

0 cm	1 cm	2 cm



**1** Place the **rice** into a sieve and rinse it with cold tap water. The water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Bring a large pot of salted water to the boil. Add the rice and cook it for **10-12 minutes** or until soft. Drain.



**2** Heat the **oil** in a large pan over a medium heat. Add the **ginger**, **chilli**, and **garlic** and cook for **1 minute**. Add the **pork mince** and using a spoon break up the mince as fine as possible, cook for **5 minutes** or until all the mince is cooked. Remove from the heat and set aside to cool.



**3** In a small bowl combine the **lemon juice**, **fish sauce**, and **brown sugar** and whisk until the sugar has dissolved. Pour the dressing over the pork, add the **red onion** and **coriander** and stir to combine.



**4** Serve the larb with the **lettuce leaves**, using the leaves to wrap the larb into little parcels, or you can chop up the cos lettuce and throw the freshly chopped lettuce into the bowl with the larb, serve with your rice, and enjoy!

**Did you know?** Do you know the phrase “rabbit food”? It was first recorded in reference to lettuce in the 1930s!