



Everything  
But The Chef

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## Pork Larb

Larb is considered the national dish of Laos, and it certainly lives up to its role as a cultural ambassador. It's plenty fresh and mighty zingy – your tastebuds will be dancing! The kids will love the novelty of wrapping up the fragrant pork in the crisp lettuce leaves and eating with their hands. Sure, soy and lime will dribble down their arms, but it's all in good (and delicious) fun!

**Prep:** 15 mins  
**Cook:** 10 mins  
**Total:** 25 mins  
 level 1  
 lactose free  
 gluten free

### Pantry Items



Vegetable Soy Sauce  
Oil



Vermicelli Noodles



Pork Larb Mince



Zucchini



Coriander



Spring Onions



Lemon



Gem Lettuce



Cashew Nuts

| Qty     | Ingredients                                   |     |
|---------|-----------------------------------------------|-----|
| 100 g   | vermicelli noodles                            |     |
| 1 tbs   | vegetable oil *                               |     |
| 500 g   | pork larb mince                               |     |
| 1       | zucchini, grated                              | A   |
| 1 bunch | coriander, stalks & leaves chopped separately | B ⊕ |
| 1 bunch | spring onions, sliced                         | C ⊕ |
| 3 tbs   | salt-reduced soy sauce *                      |     |
| 1       | lemon, cut into wedges                        | ⊕   |
| 2 heads | gem lettuce                                   |     |
| ½ cup   | cashew nuts, coarsely chopped                 |     |

⊕ May feature in another recipe

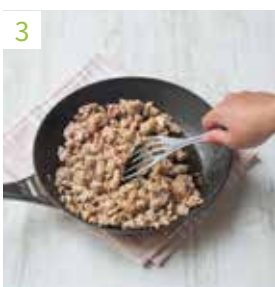
\* Pantry Items

#### Nutrition per 100 g

|              |      |    |
|--------------|------|----|
| Energy       | 648  | Kj |
| Protein      | 8.2  | g  |
| Fat, total   | 8.3  | g  |
| -saturated   | 2.4  | g  |
| Carbohydrate | 11.2 | g  |
| -sugars      | 3.6  | g  |
| Sodium       | 312  | mg |

#### Suggested Serving Size

|       |       |
|-------|-------|
| Adult | 332 g |
| Child | 222 g |



**You will need:** *chef's knife, chopping board, grater, kettle, large heatproof bowl, medium bowl, sieve, large frying pan, kitchen scissors, and a spatula.*

- 1 Bring a kettle full of water to the boil.
- 2 Place the **vermicelli noodles** in a large heatproof bowl and cover with the boiling water. Set aside for **5 minutes**. Drain and rinse the noodles with cold tap water then return them to the same bowl. Pick up a handful of noodles over the bowl and using kitchen scissors, snip the noodles into short lengths. Set aside.
- 3 Meanwhile heat the **vegetable oil** in a large frying pan over a medium heat. Add the **pork larb mince** and cook, stirring, for **3-5 minutes** or until browned. Add the **zucchini, coriander stalks and spring onion** and cook for **1-2 minutes**. Add the **salt-reduced soy sauce** and the juice of half the **lemon wedges** and cook stirring for **2 minutes**. Stir through the vermicelli noodles and the **coriander leaves** and remove from the heat.
- 4 Serve the larb in **gem lettuce cups**, sprinkle with **cashew nuts** and serve with the remaining lemon wedges.

**Did you know?** Soy sauce was invented in China and has been used for close to 2,500 years!