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Sweet & Spicy Mince with Green Beans

Inspired by the aromatic scents of Indonesian cooking, it's a mere matter of moments to bring this sweet and spicy infusion to life. Kecap Manis, Indonesia's thick, sweet soy sauce adds a complexity and depth of flavour beyond regular soy, and is sure to have you licking the plate clean.



Prep: 10 mins

Cook: 15 mins

Total: 25 mins



level 1



lactose
free



spicy

Pantry Items



Water



Vegetable
Oil



Soy Sauce



Jasmine Rice



Brown Onion



Garlic



Birdseye Chilli



Pork Mince



Kecap Manis



Green Beans



Basil




Lime

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2P	4P	Ingredients
¾ cup	1 ½ cups	Jasmine rice
3 cups	6 cups	water *
2 tsp	1 tbs	vegetable oil *
½	1	brown onion, finely diced 
2 cloves	4 cloves	garlic, peeled & crushed
1	2	birdseye chilli, finely chopped
300 g	600 g	pork mince
1 tbs	2 tbs	kecap manis (recommended amount)
1 tbs	2 tbs	salt-reduced soy sauce *
100 g	200 g	green beans, cut into 1 cm pieces
1 bunch	2 bunches	basil, leaves picked
½	1	lime, juiced 

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2340	Kj
Protein	38.8	g
Fat, total	15	g
-saturated	4.5	g
Carbohydrate	64.9	g
-sugars	4	g
Sodium	1250	mg



You will need: *chef's knife, chopping board, garlic crusher, sieve, wooden spoon, medium saucepan, and a large wok or frying pan.*

1 Place the **Jasmine rice** into a sieve and rinse it with cold tap water until the water runs clear. Place the rice and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes** or until the rice is soft. Drain.



2 Meanwhile, heat the **vegetable oil** in a large wok or frying pan. Add the **brown onion** and cook, stirring, for **5 minutes** or until soft. Add the **garlic** and **birdseye chilli** and cook, stirring, for **1 minute** or until fragrant. Add the **pork mince** and cook, breaking up with a wooden spoon, for **2-3 minutes** or until browned. Add the **kecap manis**, **salt-reduced soy sauce** and **green beans**, and cook, stirring, for **1-2 minutes** or until well combined. Stir through the **basil** and **lime juice** and remove from the heat.



3 To serve, divide the rice and mince between bowls.



Did you know? Kecap Manis, pronounced 'keh-chup mah-nees', is one of five main varieties of kecap (meaning 'sauce') featured in Indonesian cooking.