

# Dinner - Pork Bun Cha Rice Bowl

## Lunch - Banh Mi Wraps

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Red Onion



Spring Onion



Mint



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 extra 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 AB

## 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*                          |                  |                          |
| (for the rice)                  | 1¼ cups          | 2½ cups                  |
| jasmine rice                    | 1 medium packet  | 1 large packet           |
| red onion                       | ½                | 1                        |
| rice wine vinegar*              | ¼ cup            | ½ cup                    |
| spring onion                    | 2 stems          | 4 stems                  |
| mint                            | 1 bag            | 1 bag                    |
| sugar snap peas                 | 1 bag (100g)     | 1 bag (200g)             |
| Asian greens                    | 1 bag            | 2 bag                    |
| long red chilli (optional)      | 1                | 2                        |
| pork mince                      | 1 large packet   | 1 large & 1 small packet |
| hoisin sauce                    | 1 packet         | 1 ½ packets              |
| fine breadcrumbs                | 1 large packet   | 1 ½ large packets        |
| egg*                            | 1                | 2                        |
| sweet chilli sauce              | 1 packet (100g)  | 2 packets (200g)         |
| carrot                          | ½                | 1                        |
| cucumber                        | ½                | 1                        |
| classic wraps                   | 4                | 4                        |
| mixed salad leaves              |                  |                          |
|                                 | 1 bag (30g)      | 1 bag (30g)              |
| coconut sweet chilli mayonnaise | 2 packets (100g) | 2 packets (100g)         |

\*Pantry Items

## Nutrition

| Dinner           |                 |                |
|------------------|-----------------|----------------|
| Avg Qty          | 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 (g)       | 1120mg          | 233mg          |
| Lunch            |                 |                |
| Avg Qty          | Per Serving     | Per 100g       |
| 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          |

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit

[hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Cook the garlic rice

Finely chop the **garlic**. 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!



## Cook the veggies

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



## Get prepped

While the rice is cooking, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add it to the pickling liquid. Add just enough **water** to cover the onion and stir to coat. Set aside until serving. 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).



## Serve dinner

Set aside a portion 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**.



## Cook the meatballs

In a large bowl, combine the **pork mince**, **hoisin sauce**, **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. You should get around 4-5 meatballs per person. In a large frying pan, heat a drizzle of **olive oil** over a medium heat. Cook the **meatballs** until browned and cooked through, **8-10 minutes**. Transfer to a plate and set aside.



## 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** into thin sticks (or grate if you prefer). Thinly slice the **cucumber** into half-moons. Divide the **4 classic wraps**, **carrot**, **cucumber**, **mixed salad leaves**, the remaining **mint** and pickled **onion** and a tub of **coconut sweet chilli mayonnaise** between two lunch containers. 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!