



# Thai Pork & Mushroom Stir-Fry

with Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Lime



Ginger



Pork Mince



Sliced Mushrooms



Thai Seven Spice Blend



Kecap Manis



Coriander

Hands-on: 20-30 mins  
 Ready in: 30-40 mins

Eat me early

This dish is an irresistible combination of veggies, tasty pork and garlicky rice, with the feel-good factor of cooking a filling meal from scratch. The best part is the addition of aromatic ginger to make it super satisfying.

### Pantry items

Olive Oil, Butter

## 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	8 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
carrot	1	2
lime	½	1
ginger	1 knob	2 knobs
pork mince	1 small packet	1 medium packet
sliced mushrooms	1 punnet (150g)	1 punnet (300g)
Thai seven spice blend	½ sachet	1 sachet
kecap manis	1 sachet (75g)	2 sachets (150g)
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3368kJ (804Cal)	700kJ (167Cal)
Protein (g)	33.7g	7g
Fat, total (g)	27.6g	5.7g
- saturated (g)	11.5g	2.4g
Carbohydrate (g)	98.8g	20.5g
- sugars (g)	27.2g	5.7g
Sodium (mg)	1122mg	233mg

## 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.



### Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



### Get prepped

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Zest the **lime** to get a generous pinch, then slice into wedges. Finely grate the **ginger**.



### Cook the pork

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **pork mince** and a pinch of **salt** and cook, breaking up with a spoon, until browned and cooked through, **4-5 minutes**. Transfer to a medium bowl.



### Cook the veggies

Return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **sliced mushrooms** and **carrot** until tender and browned, **5-6 minutes**. Add the **ginger**, the remaining **garlic** and the **Thai seven spice blend** (see ingredients) and cook until fragrant, **1 minute**.



### Make it saucy

Return the **pork** to the frying pan and stir to coat. Add the **kecap manis**, **lime zest**, a splash of **water** and a generous squeeze of **lime juice** and stir to combine.



### Serve up

Roughly chop the **coriander**. Divide the garlic rice between plates. Top with the pork and mushroom stir-fry. Garnish with the coriander and serve with any remaining lime wedges.

Enjoy!