



DINNER - SICHUAN PORK STIR-FRY WITH GARLIC RICE

LUNCH - ZESTY GINGER PORK WRAPS

DINNER TO LUNCH

Cook once eat twice!



Garlic



Basmati Rice



Lime



Ginger



Carrot



Green Beans



Coriander



Sweet Chilli Sauce



Pork Mince



Sichuan Garlic Paste



Roasted Cashews

FOR YOUR LUNCH



Shredded White Cabbage



Classic Wraps

DINNER
Hands-on: 30 mins
Ready in: 35 mins

LUNCH
Ready in: 5 mins

Cook once, eat twice! This recipe makes a tasty dinner, plus we've given you extra ingredients to transform the leftovers into a different and satisfying lunch for the next day! Enjoy a sweet and spicy pork stir-fry for an aromatic Asian dinner then roll up a zesty pork wrap with sautéed cabbage for a sensational lunch the next day.

Pantry Staples: Olive Oil, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**

DINNER



1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the garlic and cook for **1-2 minutes**, or until golden and fragrant. Add the **basmati rice**, **water (for the rice)**, and **salt** to the pan 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 for **10 minutes**, or until the rice is tender and the water is absorbed.



2 GET PREPPED

While the rice is cooking, zest the **lime**. Finely grate the **ginger**. Grate or finely chop the **carrot** (unpeeled). Trim the **green beans** and slice in half. Roughly chop the **coriander**. In a small bowl, combine the **sweet chilli sauce**, lime zest and a squeeze of **lime juice**. Set the sauce mixture aside for the lunch wraps. **TIP:** Add as much or as little lime juice as you like depending on your taste.



3 COOK THE CABBAGE

In a large frying pan, heat a **drizzle** of **olive oil** over medium-high heat. Add the **shredded white cabbage** and a **pinch** of **salt** and **pepper** and cook for **3-4 minutes**, or until softened. Transfer to a medium bowl and set aside for the lunch wraps. **TIP:** If you prefer *crunchy to cooked cabbage*, feel free to skip this step and use it raw!



4 COOK THE PORK

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **pork mince** and **ginger** and cook, breaking up with a spoon, for **3-4 minutes**, or until browned. Add the **carrot**, **soy sauce** and a **squeeze** of **lime juice** and cook for **1-2 minutes**, or until fragrant. Transfer **2 portions** of the **pork** to a bowl and set aside. (This will become your lunch!) Return the remaining pork to the heat and add the **green beans**. Cook for **3-4 minutes** or until just tender. Stir through the **Sichuan garlic paste** and **water (for the pork)**.



5 SERVE UP DINNER

Divide the garlic rice between plates and top with the Sichuan garlic pork mince & green bean stir-fry. Sprinkle with the **roasted cashews** and **1/2** the **coriander** (reserve the rest for lunch). Serve with any remaining **lime**.

LUNCH



6 MAKE LUNCH

When you're ready to pack your lunch, place **4 classic wraps** on a flat surface. Divide the cooked **white cabbage** between the wraps. Top with the **reserved ginger pork**, drizzle with the **sweet chilli-lime sauce** and sprinkle with the remaining **coriander**. Tuck in the ends and tightly roll into wraps. Wrap in foil or plastic wrap. At lunchtime, remove the wrapping and reheat in a sandwich press or microwave until heated to your liking.

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	3 cloves
butter*	20 g	40 g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
lime	1	2
ginger	1 knob	2 knobs
carrot	2	3
green beans	1 bag (200 g)	1 bag (400 g)
coriander	1 bunch	1 bunch
sweet chilli sauce	2 tubs (100 g)	2 tubs (100 g)
shredded white cabbage	1 bag (200 g)	1 bag (200 g)
pork mince	1 packet	2 packets
soy sauce*	½ cup	½ cup
Sichuan garlic paste	1 tub (80 g)	2 tubs (160 g)
water* (for the pork)	¼ cup	½ cup
roasted cashews	1 packet	2 packets
classic wraps	4	4

*Pantry Items

NUTRITION

DINNER	PER SERVING	Per 100G
Energy (kJ)	3730kJ (891Cal)	680kJ (163Cal)
Protein (g)	52.9g	9.7g
Fat, total (g)	35.8g	6.5g
- saturated (g)	12.4g	2.3g
Carbohydrate (g)	83.9g	15.3g
- sugars (g)	18.8g	3.4g
Sodium (g)	1910mg	348mg

LUNCH	PER SERVING	Per 100G
Energy (kJ)	2440kJ (583Cal)	552kJ (132Cal)
Protein (g)	29.8g	6.7g
Fat, total (g)	15.3g	3.5g
- saturated (g)	3.5g	0.8g
Carbohydrate (g)	74.7g	16.9g
- sugars (g)	27.8g	6.3g
Sodium (g)	1440mg	327mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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