

DINNER - SICHUAN PORK STIR-FRY WITH GARLIC RICE

LUNCH - ZESTY GINGER PORK WRAPS

DINNER TO LUNCH

Cook once eat twice!

















Green Beans





Coriander





Sichuan Garlic



Roasted Cashews

FOR YOUR LUNCH





Shredded White Cabbage

Classic Wraps

DINNER Cook once, eat twice! This recipe makes a tasty dinner, plus we've given you extra ingredients to transform the leftovers Hands-on: 30 mins Ready in: 35 mins then roll up a zesty pork wrap with sautéed cabbage for a sensational lunch the next day. LUNCH

Ready in: 5 mins

into a different and satisfying lunch for the next day! Enjoy a sweet and spicy pork stir-fry for an aromatic Asian dinner

Pantry Staples: Olive Oil, Soy Sauce

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



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.



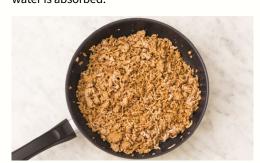
GET PREPPED

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.



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!



Return the frying pan to a medium-high heat with a drizzle of olive oil. Add the pork

COOK 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).



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.



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.

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*	1/4 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*	⅓ 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

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

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2018 | WK38

