



THAI-SPICED PORK

with Ginger-Coconut Rice & Roasted Peanuts



Add flavour to rice with ginger and coconut



Ginger



Coconut Milk



Basmati Rice



Green Beans



Carrot



Lime



Pork Strips



Thai Seven Spice Blend



Sweet Chilli Sauce



Roasted Peanuts



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

Naturally gluten-free
Not suitable for Coeliacs

It's a good thing this Thai dish is quick and easy to make, because it smells so amazing as it cooks that it's tempting to eat it straight from the pan! But it's worth the wait, especially for the ginger-coconut rice which has got to be the tastiest accompaniment around.

Pantry Staples: Olive Oil, Butter, Soy Sauce
(Or Gluten-Free Tamari 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**



1 COOK THE RICE

Finely grate the **ginger**. In a medium saucepan, melt the **butter** over a medium heat. Add the **ginger** and cook until fragrant, **1 minute**. Add the **coconut milk**, **water (for the rice)** and **salt (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan 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!



2 GET PREPPED

While the rice is cooking, trim the **green beans** and cut into 2cm pieces. Thinly slice the **carrot** (unpeeled). Slice the **lime** (see **ingredients list**) into wedges.



3 ADD FLAVOUR TO THE PORK

In a medium bowl, combine the **pork strips**, **Thai seven spice blend** and **salt (for the pork)**.



4 COOK THE PORK

When the rice has **10 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Add the **pork** and cook, tossing often, until browned and cooked through, **2 minutes**. Transfer to a plate.



5 COOK THE VEGGIES

Return the frying pan to a medium-high heat. Add the **green beans** and **carrot** to the pan, then add the **water (for the veggies)** and cook, tossing often, until just tender, **3-4 minutes**. In the last **1 minute** of cook time, add the **sweet chilli sauce**, **soy sauce** and **pork strips** to the pan and toss to coat.



6 SERVE UP

Divide the ginger-coconut rice between bowls. Top with the Thai spiced pork and veggies. Garnish with the **roasted peanuts** and serve with the lime wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
butter*	20g	40g
coconut milk	1 tin (270ml)	2 tins (540ml)
water* (for the rice)	½ cup	1 cup
salt* (for the rice)	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
green beans	1 bag (200g)	1 bag (400g)
carrot	1	2
lime	½	1
pork strips	1 packet	1 packet
Thai seven spice blend	1 sachet	2 sachets
salt* (for the pork)	¼ tsp	½ tsp
water* (for the veggies)	2 tbs	½ cup
sweet chilli sauce	1 tub (50g)	1 tub (100g)
soy sauce* (or gluten-free tamari soy sauce)	2 tsp	1 tbs
roasted peanuts	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3760kJ (899Cal)	657kJ (157Cal)
Protein (g)	50.5g	8.8g
Fat, total (g)	36.5g	6.4g
- saturated (g)	19.5g	3.4g
Carbohydrate (g)	83.0g	14.5g
- sugars (g)	17.9g	3.1g
Sodium (g)	1390mg	243mg

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

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