

Vietnamese Pork Larb

with Mint & Crushed Peanuts

Grab your Meal Kit
with this symbol



Garlic



Jasmine Rice



Brown Onion



Capsicum



Green Beans



Mint



Ginger Lemongrass
Paste



Fish Sauce &
Rice Vinegar Mix



Pork Mince



Crushed Peanuts

 Hands-on: **25-35 mins**
Ready in: **35-45 mins**

A 'salad' dish for meat lovers, Larb is a Southeast Asian salad based on minced meat. In our Vietnamese-inspired version, we've flavoured juicy pork mince with fish sauce, soy sauce and ginger and lemongrass for the perfect balance of bold flavours.

Pantry items

Olive Oil, Butter, Brown Sugar, Soy Sauce

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
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
brown onion	1	2
capsicum	1	2
green beans	1 medium bag	1 large bag
mint	1 bag	1 bag
ginger lemongrass paste	1 packet	2 packets
fish sauce & rice vinegar mix	1 packet	2 packets
brown sugar*	2 tsp	1 tbs
soy sauce*	2 tbs	¼ cup
pork mince	1 small packet	1 medium packet
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3429kJ (820Cal)	599kJ (143Cal)
Protein (g)	38.8g	6.8g
Fat, total (g)	34.7g	6.1g
- saturated (g)	12.3g	2.1g
Carbohydrate (g)	83.5g	14.6g
- sugars (g)	16.4g	14.6g
Sodium (mg)	875mg	153mg

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 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** and a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1 minute**. Add the **water** and a generous pinch of **salt** 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. 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 pan to a medium-high heat with a drizzle of **olive oil**. Stir-fry the **capsicum** and **green beans** until tender, **4 minutes**.



Prep the veggies

While the rice is cooking, thinly slice the **brown onion** and **capsicum**. Trim and halve the **green beans**. Pick and roughly chop the **mint leaves**. In a small bowl, combine the **ginger lemongrass paste**, **fish sauce & rice vinegar mix**, **brown sugar** and **soy sauce**.



Add the sauce

Return the **pork** to the pan, then stir in the **ginger lemongrass mixture**. Cook until bubbling, **1 minute**. Remove from the heat, then stir through the **mint**.



Cook the pork

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until just softened, **3 minutes**. Add the **pork mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add the remaining **garlic** and cook until fragrant, **1 minute**. Transfer to a plate.



Serve up

Divide the garlic rice between bowls. Top with the Vietnamese-style pork larb. Sprinkle over the **crushed peanuts** to serve.

Enjoy!

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