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Zingy Pork Larb with Mint & Chilli

Take zingy pork mince, infused with lemongrass and feisty chilli. Add mint and crunchy lettuce leaves and you're onto a winner. This is a dinner for the winners, for the ones who like their flavours big, whose time is short, and who like their plates colourful. All that's left to worry about is who gets the last leaf... Go!



Prep: 10 mins

Cook: 15 mins

Total: 25 mins



level 1



lactose
free



high
protein

Pantry Items



Water



Vegetable
Oil



Soy Sauce



Fish Sauce



Jasmine Rice



Pork Larb Mince



Carrot



Lemon



Mint



Gem Lettuce



Birdseye Chilli

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2P	4P	Ingredients
¾ cup	1 ½ cups	Jasmine rice, rinsed well
3 cups	6 cups	water *
2 tsp	1 tbs	vegetable oil *
300 g	600 g	pork larb mince
1	2	carrot, peeled & grated
1 tbs	2 tbs	salt-reduced soy sauce *
1 tsp	2 tsp	fish sauce *
½	1	lemon, cut into wedges
1 bunch	2 bunches	mint, finely chopped
1 head	2 heads	gem lettuce, leaves separated & rinsed
1	2	birdseye chilli, deseeded & finely chopped

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2680	Kj
Protein	30.5	g
Fat, total	22.9	g
-saturated	7.7	g
Carbohydrate	74.8	g
-sugars	10.6	g
Sodium	1240	mg



You will need: *chef's knife, chopping board, vegetable peeler, grater, sieve, medium saucepan and a large frying pan.*

1 Place the **Jasmine rice** and **water** into a medium saucepan and bring to the boil over a high heat. Cover with a lid and reduce the heat to medium. Simmer, covered, for **10-12 minutes** or until the rice is soft. Drain.

2 Meanwhile, heat the **vegetable oil** in a large frying pan over a medium heat. Add the **pork larb mince** and cook, stirring, for **3-5 minutes** or until browned. Add the **carrot** and cook for **1-2 minutes**. Add the **salt-reduced soy sauce**, **fish sauce** and the juice of half of the **lemon wedges** and cook, stirring, for **2 minutes**. Stir through the **mint**.

3 Serve the pork larb mince in the **gem lettuce boats** with the Jasmine rice and remaining lemon wedges. Sprinkle with the **birdseye chilli**. Enjoy!



Did you know? Lettuce is a member of the sunflower family.