



Honey-Soy Pork & Peanut Larb

with Lemongrass Veggies & Garlic Rice

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Capsicum



Asian Greens



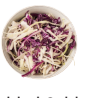
Spring Onion



Teriyaki Sauce



Pork Mince



Shredded Cabbage Mix



Ginger & Lemongrass Paste



Crushed Peanuts



Beef Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

A 'salad' dish for meat lovers, larb is a Southeast Asian salad based on minced meat. In our version, we've bulked it up with fragrant jasmine rice, and flavoured the juicy pork mince with teriyaki sauce and soy sauce for the perfect balance of bold flavours.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Soy Sauce, Honey, Sesame Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan with a lid

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
capsicum	1	2
Asian greens	1 packet	2 packets
spring onion	1 stem	2 stems
teriyaki sauce	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
honey*	1 tbs	2 tbs
sesame oil*	4 tsp	2½ tbs
pork mince	1 medium packet	2 medium packets OR 1 large packets
shredded cabbage mix	1 medium packet	1 large packet
ginger & lemongrass paste	½ medium packet	1 medium packet
crushed peanuts	1 medium packet	2 medium packets
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4397kJ (1051Cal)	795kJ (190Cal)
Protein (g)	39.7g	7.2g
Fat, total (g)	59.4g	10.7g
- saturated (g)	16g	2.9g
Carbohydrate (g)	85.2g	15.4g
- sugars (g)	16.4g	3g
Sodium (mg)	860mg	156mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4688kJ (1120Cal)	848kJ (203Cal)
Protein (g)	43.9g	7.9g
Fat, total (g)	63.9g	11.6g
- saturated (g)	18.9g	3.4g
Carbohydrate (g)	85.2g	15.4g
- sugars (g)	16.4g	3g
Sodium (mg)	839mg	152mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW15



Cook the garlic rice

1. Finely chop **garlic**.
2. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
3. Add the **water** and a generous pinch of **salt** and bring to the boil.
4. Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the pork & veggies

1. In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork mince**, breaking up with a spoon, until just browned, **5-6 minutes**.
2. In the last **3 minutes** of cook time, add **capsicum** and cook until tender, **2-3 minutes**.
3. Add **Asian greens** and **shredded cabbage mix** and cook, tossing, until just wilted, **1-2 minutes**.

Custom Recipe: If you've swapped to beef mince, follow instructions as above.



Get prepped

1. While the rice is cooking, cut **capsicum** into small chunks. Roughly chop **Asian greens**. Thinly slice **spring onion**.



Bring it all together

1. Add **ginger & lemongrass paste** (see **ingredients**) and remaining **garlic** and cook, tossing, until fragrant, **1 minute**.
2. Add **teriyaki sauce mixture** and stir until slightly reduced, **1 minute**. Season with **salt** and **pepper**.



Make the sauce

1. In a small bowl, combine **teriyaki sauce**, the **soy sauce**, **honey**, **sesame oil** and a splash of **water**.

Little cooks: Take charge by combining the sauces!



Serve up

1. Divide garlic rice between bowls. Top with Asian teriyaki pork larb.
2. Sprinkle over **crushed peanuts** and spring onion to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the garnish!

Rate your recipe

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