



Teriyaki Pork & Mushroom Stir-Fry

with Rice & Sesame Dressing

KID FRIENDLY

Grab your Meal Kit with this symbol



Jasmine Rice



Button Mushrooms



Teriyaki Sauce



Pork Mince



Asian Stir-Fry Mix



Ginger Paste



Sesame Dressing



Beef Mince

Prep in: 15-25 mins
Ready in: 15-25 mins

Centre yourself and relax with a bowl of teriyaki-flavoured pork mince. The mushrooms really lend an earthy taste that's too good to be true. So sit back and enjoy this easy-to-make dinner with no fuss and a lot of flavour.

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

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 medium packet	1 large packet
button mushrooms	1 medium packet	1 large packet
teriyaki sauce	1 medium packet	1 large packet
soy sauce*	2 tbs	¼ cup
brown sugar*	½ tbs	1 tbs
pork mince	1 medium packet	2 medium packets OR 1 large packet
Asian stir-fry mix	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
sesame dressing	1 medium packet	1 large packet
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)	2813kJ (672Cal)	552kJ (132Cal)
Protein (g)	35g	6.9g
Fat, total (g)	21.7g	4.3g
- saturated (g)	6.6g	1.3g
Carbohydrate (g)	78.7g	15.4g
- sugars (g)	15.6g	3.1g
Sodium (mg)	796mg	156mg
Dietary Fibre (g)	8g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3103kJ (742Cal)	608kJ (145Cal)
Protein (g)	39.2g	7.7g
Fat, total (g)	26.2g	5.1g
- saturated (g)	9.5g	1.9g
Carbohydrate (g)	78.7g	15.4g
- sugars (g)	15.6g	3.1g
Sodium (mg)	775mg	152mg
Dietary fibre	8g	1.6g

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 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 | CW17



1



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain and set aside.

3



Cook the pork & veggies

- Heat a large frying pan over high heat with a generous drizzle of **olive oil**. Cook **mushrooms** and **pork mince**, breaking up with a spoon, until browned, **6-7 minutes**.
- Add **Asian stir-fry mix** and cook until tender, **2-3 minutes**.
- Add **ginger paste** and cook until fragrant, **1 minute**.
- Add **teriyaki sauce mixture** and stir until the pork is coated, **30 seconds**.

Custom Recipe: If you've swapped to beef mince, drain any excess oil before adding stir-fry mix, for best results.

2



Get prepped

- Meanwhile, thinly slice **button mushrooms**.
- In a small bowl, combine **teriyaki sauce**, the **soy sauce** and **brown sugar**. Set aside.

Little cooks: Kids can help combine the sauces!

4



Serve up

- Divide jasmine rice between bowls.
- Top with teriyaki pork and mushrooms.
- Drizzle with **sesame dressing** to serve. Enjoy!

Little cooks: Add the finishing touch and drizzle over the dressing.

Rate your recipe

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