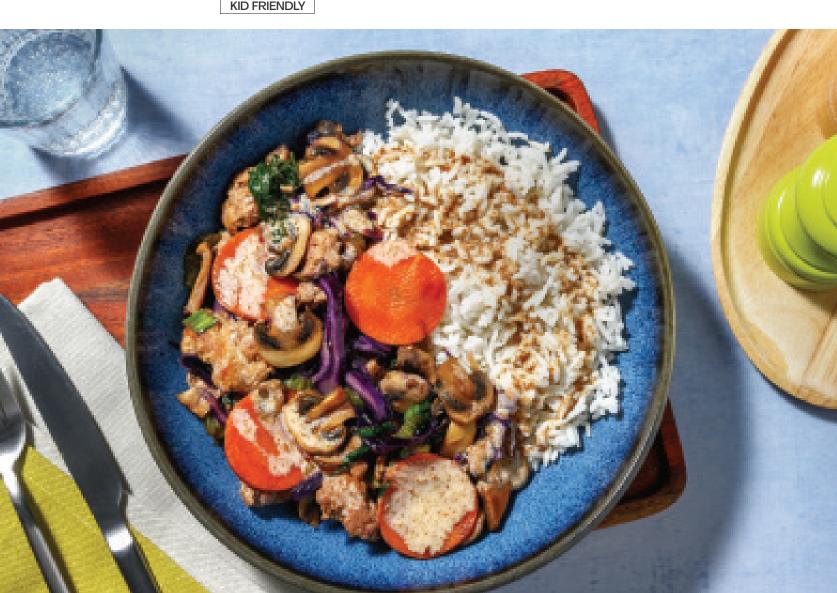


# Teriyaki Pork & Mushroom Stir-Fry with Rice & Sesame Dressing

KID FRIENDLY



Grab your Meal Kit with this symbol







**Button Mushrooms** 



Pork Mince

Teriyaki Sauce





**Ginger Paste** 



Sesame Dressing



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.

# 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	⅓ 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		

# **Nutrition**

\*Pantry Items \*\*Custom Recipe Ingredient

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)	<b>3103kJ</b> (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





#### Cook the rice

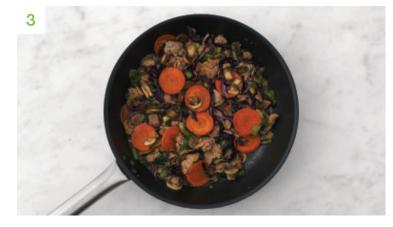
- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add jasmine rice and a pinch of salt and cook, uncovered, over high heat until tender, 12-14 minutes.
- · Drain and set aside.



# 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!



# 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.



#### 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.



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