



SEP  
2016

## Pork Stir-Fry

with Sweet Peppers, Green Beans, and Mint

Stir-frying is one of the best ways to get a balanced and delicious dinner on the table fast. With fluffy rice, flavorful pork, and crunchy veggies, even the pickiest of eaters will be asking for seconds.



**Prep:** 10 min  
**Total:** 30 min



level 1



nut  
free



dairy  
free



gluten  
free



Ground  
Pork



Green  
Beans



Basmati  
Rice



Scallions



Red Bell  
Peppers



Soy  
Sauce



Honey



Garlic



Mint



Ginger

## Ingredients

Ground Pork		4 People	20 oz
Green Beans			12 oz
Basmati Rice			1 Cup
Garlic			4 Cloves
Red Bell Peppers			2
Soy Sauce	1)		4 T
Honey			2 T
Scallions			4
Mint			½ oz
Ginger			1 Thumb
Oil*			4 t

\*Not Included

## Allergens

1) Soy

## Tools

Medium pot, Peeler, Large pan

**Nutrition per person** Calories: 530 cal | Fat: 19 g | Sat. Fat: 6 g | Protein: 34 g | Carbs: 57 g | Sugar: 13 g | Sodium: 391 mg | Fiber: 4 g

2



**1 Cook the rice:** Bring 2½ cups water and a large pinch of **salt** to a boil in a medium pot. Once boiling, add the **rice**. Cover and reduce to a low simmer for 15-20 minutes, until tender. Keep covered until the rest of the meal is ready.

3



**2 Prep: Wash and dry all produce.** Trim and halve the **green beans**. Mince or grate the **garlic**. Peel and mince or grate the **ginger**. Cut the **scallion whites** and **greens** into 1-inch pieces. Core, seed, and thinly slice the **peppers**. Roughly chop the **mint leaves**.

4



**3 Sauté the veggies:** Heat a large drizzle of **oil** in a large pan over high heat. Add the **green beans, peppers, and scallions** to the pan. Cook, tossing, for 4-5 minutes, until tender and beginning to brown. Season with **salt** and **pepper**. Remove from the pan and set aside.

**4 Cook the aromatics:** Heat another large drizzle of **oil** in the same pan over medium heat. Add the **garlic** and **ginger** to the pan. Cook, tossing, for 1-2 minutes, until fragrant. Season with **salt** and **pepper**.

5



**5 Finish the stir-fry:** Add the **pork** to the pan and increase heat to medium-high. Cook, breaking up the meat into pieces, for 4-5 minutes, until browned. Toss the **green beans, peppers, scallions, soy sauce, and 2 Tablespoons honey** into the pan. Taste and season with **salt** and **pepper**, if necessary.

**6 Serve:** Remove pan from heat and toss in **half the mint**. Serve the **pork stir-fry** on a bed of **rice**, garnish with the remaining **mint**, and enjoy!

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