



11

Quick and Easy Teriyaki Pork with Pepper and Jasmine Pea Rice

Family 20 Minutes • 1 of your 5 a day



Jasmine Rice



Peas



Bell Pepper



Garlic Clove



Pork Mince



Teriyaki Sauce

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, sieve, lid, garlic press and frying pan.

Ingredients

	2P	3P	4P
Jasmine Rice	150g	225g	300g
Peas**	120g	180g	240g
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Pork Mince**	240g	360g	480g
Teriyaki Sauce 11)	150g	225g	300g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2918/697	699/167
Fat (g)	18.0	4.3
Sat. Fat (g)	6.1	1.5
Carbohydrate (g)	100.9	24.2
Sugars (g)	31.6	7.6
Protein (g)	33.7	8.1
Salt (g)	4.10	0.98

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.



Cook the Rice and Peas

- Boil a full kettle.
- When boiling, pour the **water** into a large saucepan with **1/4 tsp salt** on high heat. Add the **rice** and cook for 12-13 mins.
- Add the **peas** to the pan to cook for the final 2-3 mins.
- Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Prep Time

- While the **rice** cooks, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press).



Get Frying

- Heat a drizzle of **oil** in a medium frying pan on high heat.
- Once the **oil** is hot, add the **pepper** and stir-fry until just soft, 3-4 mins.



Add the Pork

- Add the **pork mince** to the **pepper** and cook until browned, 5-6 mins.
- Use a spoon to break it up as it cooks, then drain and discard any excess fat.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The pork is cooked when no longer pink in the middle.



Sauce Things Up

- Once the **pork** is browned, add the **garlic** to the pan and stir-fry for 1 min.
- Stir in the **teriyaki sauce** and cook for 1 min more.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry.



Serve

- Fluff up the **rice** using a fork, then share between your bowls.
- Top with the **teriyaki pork stir-fry**.

Enjoy!

Contact

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