



Sausage Stir Fry

with Veg and Jasmine Rice

CLASSIC 25 Minutes • Medium Spice • 1 of your 5 a day

N° 6



Jasmine Rice



Yellow Pepper



Green Beans



Bok Choy



Coriander



Garlic Clove



Lime



Salted Peanuts



Pork Sausage Meat



Chilli Flakes



Pad Thai Paste

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Water for Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Yellow Pepper**	1	1	2
Green Beans**	1 small pack	1 large pack	1 large pack
Bok Choy**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Lime**	½	1	1
Salted Peanuts 1)	1 small pot	1 large pot	2 small pots
Pork Sausage Meat 13) 14)**	225g	340g	450g
Chilli Flakes	a pinch	a pinch	a pinch
Pad Thai Paste 11) 13)	1 sachet	2 sachets	2 sachets
Water for the Sauce*	75ml	100ml	150ml

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	583g	100g
Energy (kJ/kcal)	2895 /692	497 /119
Fat (g)	28	5
Sat. Fat (g)	8	1
Carbohydrate (g)	81	14
Sugars (g)	13	2
Protein (g)	30	5
Salt (g)	2.72	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK



1. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



4. Finish the Veg

When the veg have softened, add the **garlic**, **lime zest** and a pinch of the **chilli flakes** (careful they're spicy), cook for 1 minute, add the **Pad Thai paste** and **water** (see ingredients for amount), stir well, bring to a simmer and bubble away until thickened, 1-2 mins. Remove from the heat.



2. Get Prepped

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **green beans** then chop into thirds. Remove the root from the **bok choy** and thinly slice. Roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Zest the **lime** and cut into wedges. Roughly chop the **peanuts**.



5. Finish the Dish

When the **rice** is ready, fluff with a fork and stir through the **sausage meat** and **veg** in the frying pan. Stir to evenly combine everything in the pan. Reheat until piping hot.



3. Fry the Sausage Meat

Heat a drizzle of **oil** in a large frying pan on a medium high heat. When hot add the **sausage meat** and fry until browned, 4-5 mins. Break it up with a wooden spoon as it cooks. **IMPORTANT:** *The sausage meat is cooked when it is no longer pink in the middle.* When the **sausage meat** has browned add the **green beans** and **pepper**, cook for a further 3-4 mins. Add the **bok choy** and cook until softened, 3-4 mins.



6. Time to Serve

Share the **stir fry** between your plates. Sprinkle over the **coriander** and **peanuts**. Add a **lime wedge** to your plates for squeezing over and sprinkle over some more **chilli flakes** if you like it hot.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.