



Thai Larb Style Pork Salad

with Cucumber, Peanuts and Jasmine Rice

Customer Favourites 35-40 Minutes • Very Hot • 1 of your 5 a day

38



Jasmine Rice



Cucumber



Ginger



Garlic Clove



Mint



Lime



Salted Peanuts



Pork Mince



Thai Style Spice Blend



Ketjap Manis



Soy Sauce



Beef Mince

Pantry Items

Salt, Pepper, Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Saucepan, lid, grater, garlic press, fine grater, rolling pin, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Cucumber**	½	¾	1
Ginger**	½	¾	1
Garlic Clove**	1	2	2
Mint**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Salted Peanuts 1	25g	40g	40g
Pork Mince**	240g	360g	480g
Thai Style Spice Blend 3	1 sachet	1 sachet	1 sachet
Ketjap Manis 11	1 sachet	2 sachets	2 sachets
Soy Sauce 11 13	25ml	25ml	50ml
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	357g	100g
Energy (kJ/kcal)	2724/651	762/182
Fat (g)	24.3	6.8
Sat. Fat (g)	7.3	2.0
Carbohydrate (g)	77.0	21.5
Sugars (g)	11.7	3.3
Protein (g)	33.1	9.3
Salt (g)	3.56	1.00

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	357g	100g
Energy (kJ/kcal)	2849/681	797/191
Fat (g)	25.5	7.1
Sat. Fat (g)	9.3	2.6
Carbohydrate (g)	76.7	21.5
Sugars (g)	11.4	3.2
Protein (g)	37.3	10.4
Salt (g)	3.54	0.99

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **3)** Sesame **11)** Soya **13)** Cereals containing gluten

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.

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Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



Mix the Dressing

Meanwhile, mix the **soy sauce**, **sugar** (see ingredients for amount) and **lime juice** together in a large bowl. Set aside.



Get Prepped

Meanwhile, trim the **cucumber** (see ingredients for amount), then quarter lengthways. Chop widthways into small pieces. Peel and grate the **ginger**.

Peel and grate the **garlic** (or use a garlic press).

Pick the **mint leaves** from their stalks (discard the stalks). Zest and halve the **lime**.

Crush the **peanuts** in the unopened sachet using a rolling pin.



Salad Time

Add the **cucumber** and **mint leaves** to bowl of **dressing** and toss to coat.



Time to Fry

Heat a large frying pan on high heat (no oil).

Once hot, add the **pork mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

IMPORTANT: Wash your hands and equipment after handling raw mince.

Stir in the **Thai style spice blend** (add less if you'd prefer things milder), **ginger** and **garlic**. Cook for 1-2 mins.

Add the **ketjap manis** and a splash of **water**, then stir and simmer until glazed, 1 min. Once cooked, cover with a lid to keep warm. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Finish and Serve

Reheat the **mince** if needed.

Fluff up your **rice** with a fork, then stir through the **lime zest** and share between your bowls.

Top with the **pork mince** and sprinkle the **peanuts** over the top. Serve with the **cucumber salad** alongside. **TIP:** Load your fork with a bit of everything for the best experience!

Enjoy!