



Thai Larb Style Pork Salad

with Cucumber, Baby Gem, Peanuts and Easy Rice

10

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



Basmati Rice



Baby Gem Lettuce



Cucumber



Garlic Clove



Mint



Lime



Salted Peanuts



Pork Mince



Thai Style Spice Blend



Ginger Puree



Ketjap Manis



Soy Sauce



Honey

Pantry Items
Water

Before you start

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

Cooking tools

Saucepan, lid, garlic press, zester, frying pan and bowl.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Baby Gem Lettuce**	1	2	2
Cucumber**	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	2 sachets
Ginger Puree	1 sachet	1 sachet	1 sachet
Ketjap Manis 11)	1 sachet	2 sachets	2 sachets
Soy Sauce 11) 13)	25ml	25ml	50ml
Honey	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	410g	100g
Energy (kJ/kcal)	2852/682	695/166
Fat (g)	25	6
Sat. Fat (g)	7	2
Carbohydrate (g)	82	20
Sugars (g)	17	4
Protein (g)	34	8
Salt (g)	3.67	0.89

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 3) Sesame 11) Soya 13) 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.

Contact

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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**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to medium. 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**, **honey** and **lime juice** together in a large bowl. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.** Set aside.



Get Prepped

Meanwhile, trim the **baby gem**, halve lengthways, then thinly slice widthways. Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Pick the **mint leaves** from their stalks. Zest and halve the **lime**. Roughly chop the **peanuts**.



Make the Salad

Pop the **lettuce**, **cucumber** and **mint leaves** into the **dressing** bowl. Toss to coat.



Fry the Pork

Heat a drizzle of **oil** in a large frying pan on high heat. Once the **oil** is hot, add the **pork mince** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Stir in the **Thai style spice blend** (add less if you don't like heat), **ginger puree** 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: Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.**



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 **salad** alongside. **TIP: Load your fork with a bit of everything for the best experience!**

Enjoy!