



Quick and Easy Stir-fried Pork with green beans and bell pepper

20 – 25 mins

6



Irish Pork Mince



Rice



Green Beans



Bell Pepper



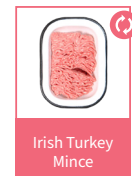
Garlic



Teriyaki Sauce



Sweet Asian Sauce



Irish Turkey Mince

Recipe Update

Due to supply chain issues you'll receive **green beans** instead of **sugar snaps**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions and it'll still be just as delicious!

Pantry Items: Water, Salt, Pepper, Oil



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Grater, pot with lid

Ingredients

	2P	4P
Irish Pork Mince	240 g	480 g
Rice	150 g	300 g
Green Beans	150 g	300 g
Bell Pepper	1 unit	2 units
Garlic	1 unit	2 units
Teriyaki Sauce	2 sachets	4 sachets
Sweet Asian Sauce	1 sachet	2 sachets
Irish Turkey Mince	250 g	500 g

Nutrition

for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	646 kJ/ 154 kcal	559 KJ/ 134 kcal
Fat (g)	4.3 g	1.4 g
Sat. Fat (g)	1.2 g	0.2 g
Carbohydrate (g)	21.9 g	21.6 g
Sugars (g)	7.2 g	7.1 g
Protein (g)	7.4 g	9 g
Salt (g)	1.3 g	1.2 g

See site or app for detailed nutritional info.


Allergens

For allergen information please refer to the website or individual ingredient labels.

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Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

 You can recycle me!



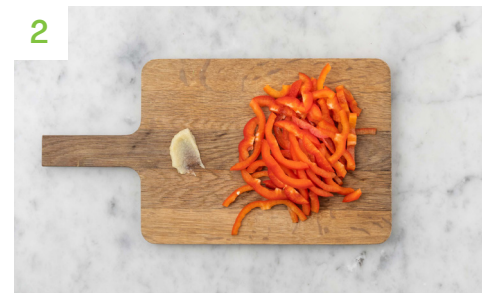
Cook the Rice

- Add 300ml cold **salted water** (per 2P) to a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 10 mins.
- Once cooked, remove the pot from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Add the Pork

- Add the **mince** to the pan and cook until browned, 5-6 mins.
- Use a spoon to break up the **mince** as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.



Prep the Veg

- 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).
- Trim the **green beans** and chop into thirds.



Stir in the Sauce

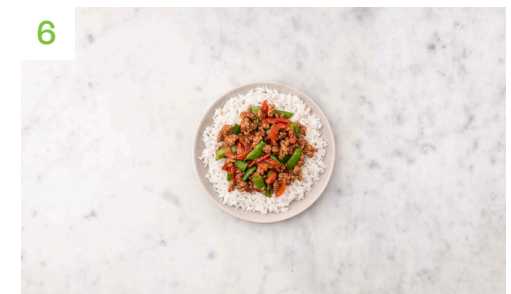
- Once the **mince** has browned, add the **garlic** to the pan.
- Stir-fry together for 1 min.
- Stir in the **teriyaki sauce** and **sweet Asian sauce** and cook for 1 min more.
- Taste and season with **salt** and **pepper** if needed.

TIP: Add a splash of water if you feel it's a little dry.



Fry the Pepper

- Place a pan over high heat with a drizzle of **oil**.
- Once hot, add the **pepper** and **green beans**.
- Stir-fry until just starting to soften, 3-4 mins.



Dish Up

- Fluff up the **rice** with a fork and share between bowls.
- Top with the **teriyaki** stir-fry.

Enjoy!

CUSTOM OPTIONS



TURKEY MINCE

Swapping to turkey? Follow the recipe as written replacing pork with turkey where necessary.