



SEP
2016

Thai Pork Stir-Fry

with Green Beans, Red Pepper, and Mint

Don't let the pungent aroma of ginger discourage you. It adds a peppery and slightly sweet flavor to a wide variety of Asian dishes. For this quick and easy stir-fry, our chefs put their own spin on a traditional Thai dish called Pad Krapow Moo by pairing ginger and mint.



Prep: 10 min
Total: 30 min



level 2



nut
free



dairy
free



gluten
free



Ground
Pork



Basmati
Rice



Green
Beans



Garlic



Red Bell
Pepper



Soy
Sauce



Honey



Scallions



Mint



Ginger

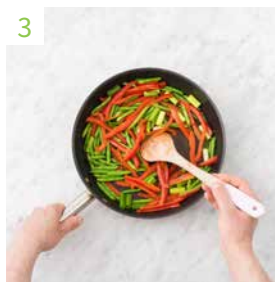
Ingredients	2 People	4 People	*Not Included
Ground Pork	10 oz	20 oz	Allergens
Basmati Rice	½ Cup	1 Cup	1) Soy
Green Beans	6 oz	12 oz	
Garlic	2 Cloves	4 Cloves	
Red Bell Pepper	1	2	
Soy Sauce	2 T 1)	4 T	
Honey	1 T	2 T	
Scallions	2	4	
Mint	¼ oz	¼ oz	Tools
Ginger	1 Thumb	1 Thumb	Small pot, Peeler,
Oil*	4 t	8 t	Large pan

Nutrition per person Calories: 582 cal | Fat: 22 g | Sat. Fat: 5 g | Protein: 38 g | Carbs: 63 g | Sugar: 13 g | Sodium: 1003 mg | Fiber: 6 g



1 Cook the rice: Bring **1 cup salted water** to a boil in a small pot. Once boiling, add the **rice**. Cover and reduce to a simmer for 15-20 minutes, until al dente.

2 Prep: Wash and dry all produce. Trim and halve the **green beans**. Peel and mince the **ginger**. Mince or grate the **garlic**. Trim and cut the **scallions** into 1-inch pieces. Core, seed, and thinly slice the **bell pepper**. Coarsely chop the **mint leaves**.



3 Cook the veggies: Heat a large drizzle of **oil** in a large pan over high heat. Add the **green beans, bell pepper, and scallions**. Cook, tossing, for 3-4 minutes, until softened and starting to brown. Season with **salt and pepper**. Remove from the pan and set aside.

4 Cook the aromatics: Reduce the heat to medium and add another large drizzle of **oil** in the same pan. Add the **garlic and ginger**. Cook, tossing, for 1-2 minutes, until fragrant.



5 Finish the stir-fry: Increase the heat to medium-high and add the **pork**. Cook, breaking up the meat into pieces, for 3-5 minutes, until browned. Toss in the **veggies** along with the **soy sauce** and **1 Tablespoon honey**. Taste and season with **salt and pepper**.

6 Finish and plate: Remove the pan from the heat and stir in **half the mint**. Fluff the **rice** with a fork. Serve the **Thai pork stir-fry** on a bed of **rice** and garnish with the remaining **mint**. Enjoy!



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