



Pork and Green Bean Larb

with Brown Rice and Quinoa



20-30min



2 Portions

Regarded as the national dish of Laos, larb is a mixture of minced meat, chilli, fresh herbs and vegetables, dressed with lime juice and fish sauce. Instead of teaming it with traditional sticky rice, we've paired our version with a ready-cooked sachet of brown basmati and quinoa for a boost of fibre and protein, welcoming nutty flavour, and fantastic convenience.

What we send

- brown basmati rice and quinoa
- 1 carrot and green beans
- 2 garlic cloves, 1 red chilli, mint and coriander
- Asian sauce mix (oyster sauce, fish sauce) ^{2,4}
- 1 Lebanese cucumber and 1 lime
- free-range pork mince

What you'll require

- soy sauce ⁶
- sugar
- vegetable oil

Utensils

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Shellfish (2), Fish (4), Soy (6). May contain traces of other allergens.

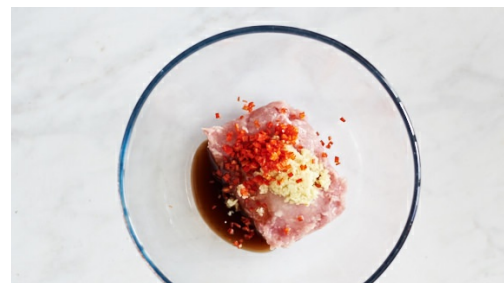
Nutrition per serving

Energy 470.0kcal, Fat 12.3g, Proteins 33.5g, Carbs 51.5g



1. Prepare ingredients

Finely chop or crush the **garlic**. Finely chop the **chilli**, removing the seeds if less heat is desired. Juice the **lime** into a bowl. Pick the **mint** leaves, discarding the stems. Finely chop the **coriander**, including the stems.



2. Marinate pork

Put the **pork, garlic, chilli, half the sugar** and the **Asian sauce mix** in a bowl and stir to combine.



3. Prepare vegetables

Trim **cucumber**, then halve lengthwise and widthwise, and cut into thin wedges. Peel, then coarsely grate the **carrot**. Trim the **green beans**, then thinly slice.



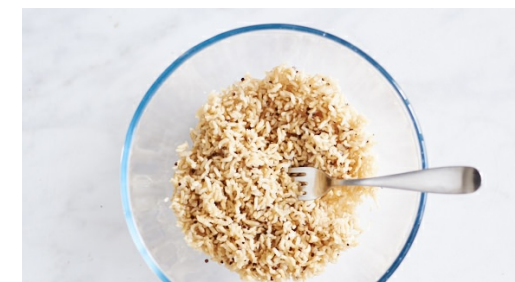
4. Make dressing

Using a fork, whisk together the **lime juice**, **soy sauce** and the **remaining sugar** in a bowl until sugar dissolves.



5. Cook larb

Heat the **oil** in a wok over high heat. Stir-fry the pork mixture for 4 mins, then stir in the **beans** and stir-fry for a further 1 min or until pork is golden brown. Stir in the **carrot, mint** and **coriander**, then remove from the heat.



6. Get ready to serve

While pork is cooking, microwave the **rice and quinoa** according to the packet instructions. Fluff up the grains. Divide the rice mixture among bowls and top with the larb and **cucumber**. Drizzle over the lime dressing to serve.