

# MARLEY SPOON



## Pork Larb with Brown Rice

and Garlic, Chilli and Mint



20-30min



2 Portions

Regarded as the national dish of Laos, larb is a fragrant mixture of minced meat, fresh herbs and sauces. Instead of teaming it with traditional sticky rice, we've served it with nutty brown rice and added crunchy carrot and green beans for a balanced midweek dinner. This recipe is also suited to cooking in the Kenwood Multi Smart thermo cooker, using the app, if you have one.

## What we send

- lemon
- green beans
- mint, red chilli, garlic
- brown rice
- free-range premium pork mince
- oyster sauce <sup>1,2,4,11</sup>
- fish sauce <sup>4</sup>
- carrot
- Lebanese cucumber

## What you'll require

- soy sauce <sup>6</sup>
- sugar
- vegetable oil
- water

## Utensils

- fine grater
- medium saucepan
- deep frypan or wok

Our veggies come fresh from the farm, so please wash them before use.

## Cooking tip

Add chilli to suit your heat preference. Alternatively, omit it when cooking and serve the chilli at the table for scattering over the larb.

## Allergens

Gluten (1), Shellfish (2), Fish (4), Soy (6), Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 690kcal, Fat 27.2g, Carbs 66.7g, Protein 37.8g



### 1. Prepare ingredients

Bring **1L (4 cups) salted water** to the boil in a medium saucepan for the rice. Crush or finely chop the **garlic**. Finely chop the **chilli**, discarding the seeds if less heat is desired. Pick the **mint** leaves, discarding the stems.



### 2. Marinate pork

Cook the **rice** in the pan of boiling water for 25 mins or until the rice is tender. Drain and keep warm. While the rice is cooking, put the **pork, garlic, chilli** (see cooking tip), **oyster sauce, 2 tsp fish sauce** (the remaining fish sauce won't be used in this dish) and **2 tsp sugar** in a large bowl and stir until well combined.



### 3. Prepare vegetables

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



### 4. Make dressing

Juice the **lemon**. Combine the **lemon juice, 1 tbs soy sauce** and **1 tsp sugar** in a small bowl, stirring until the sugar dissolves.



### 5. Cook pork

Heat **1 tbs vegetable oil** in a wok over high heat. Stir-fry the **pork mixture**, breaking up the mince with the back of a spoon, for 4 mins or until golden and slightly crisp.



### 6. Get ready to serve

Add the **beans** and stir-fry for a further 1 min or until starting to soften. Stir in the **carrot** and **mint**. Divide the **rice, pork larb** and **cucumber** among bowls. Drizzle with the **lemon dressing** to serve.