

# MARLEY SPOON



## Thai Pork Stir-Fry

with Jasmine Rice



20-30min



2 Portions

You just can't go wrong with a classic stir-fry. Easy to prepare, fun to cook, fuss-free to serve and ultra delicious to eat, it's a winner on every front. This pork-based one skewes Thai, with fish sauce, Thai basil and fresh red chilli giving it a gorgeously fragrant edge.



## What we send

- 1,2,4,11
- 4

## What you'll require

- sugar
- water

## Utensils

- large deep frypan
- small saucepan
- small saucepan with lid

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

### Cooking tip

We've substituted basil for the coriander, pictured, due to availability. Don't worry, the dish will be just as delicious! ~Add chilli to this dish to suit your heat preference.

### Allergens

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

### Nutrition per serving

Energy 770kcal, Fat 31.1g, Carbs 74.5g, Protein 42.3g



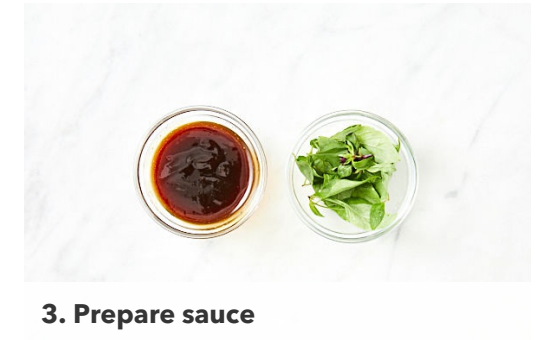
### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



### 2. Prepare vegetables

Meanwhile, bring a small saucepan of water to the boil for the peas. Cut the **zucchini** into 1cm-thick batons. Trim the **green beans**. Crush or finely chop the **garlic**. Thinly slice the **chilli**, discarding the seeds if less heat is preferred. Cook the **peas** in the boiling water for 1 min, then drain.



### 3. Prepare sauce

Combine the **oyster sauce**, **fish sauce**, and **½ tsp sugar** in a small bowl. Finely chop the **coriander leaves**, discarding the stems (see cooking tip).



### 4. Stir-fry greens

Heat **2 tsp grapeseed oil** in a large deep frypan over high heat. Stir-fry the **zucchini** and **beans** for 4-5 mins until lightly charred and just tender. Remove from the pan.



### 5. Stir-fry pork

Heat **1 tbs grapeseed oil** in the pan over high heat. Stir-fry the **chilli** for 30 secs (see cooking tip). Add the **pork mince** and **garlic** and stir-fry for 3-5 mins until the pork is browned.



### 6. Add sauce

Add the **sauce** and **peas** and stir-fry for 2 mins or until heated through. Add the **zucchini**, **beans** and **coriander** and toss until well combined. Divide the **rice** and **stir-fry** among bowls.