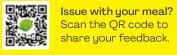


# Pork Stir-Fry Bowls

with Snap Peas and Jasmine Rice

Family Friendly 20-30 Minutes







Ground Pork



Jasmine Rice







Garlic Salt



Soy Sauce



Gravy Spice Blend

Green Onion



**Brown Sugar** 



Miso Broth Concentrate



## Start here

- Before starting, add 1 cup (2 cups) water and half the garlic salt to a medium pot.
- · Cover and bring to a boil over high
- Wash and dry all produce.

Measurements	1 tbsp	(2 tbsp)	oil
within steps	2 person	4 person	Ingredient

#### **Bust out**

Measuring spoons, strainer, medium pot, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Ground Beef	250 g	500 g
Jasmine Rice	¾ cup	1 ½ cups
Sugar Snap Peas	227 g	454 g
Garlic Salt	1 tsp	2 tsp
Green Onion	1	2
Soy Sauce	2 tbsp	4 tbsp
Gravy Spice Blend	2 tbsp	4 tbsp
Brown Sugar	1 tbsp	2 tbsp
Miso Broth Concentrate	1	2
Oil* Salt and Pepper*	½ tbsp	1 tbsp

- \* Pantry items
- \*\* Cook to a minimum internal temperature of 74°C/165°F.

#### **Allergens**

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



#### Cook rice

- · Using a strainer, rinse rice until water runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min. (NOTE: Reduce heat to low if water boils over.)
- Remove from heat. Set aside, still covered.



### Cook pork

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add ½ tbsp (1 tbsp) oil, then **pork**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.\*\*

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **pork**.\*\*



#### Prep

- · Meanwhile, trim snap peas.
- Thinly slice green onion.



## Stir-fry snap peas

- Add snap peas, 2 tbsp (1/4 cup) water to the pan with **pork**. Cook, stirring often, until water is absorbed and snap peas are tendercrisp, 2-3 min.
- Add remaining garlic salt. Season with pepper.



# Assemble stir-fry

- Sprinkle brown sugar over pork and snap **peas**. Cook, stirring often, until **pork** is dark golden-brown, 1-2 min.
- Sprinkle Gravy Spice Blend over top, then stir to coat.
- Add 3/4 cup (1 1/4 cups) water, soy sauce and **broth concentrate**. Bring to a gentle boil.
- Once boiling, reduce heat to medium-low. Simmer, stirring occasionally, until sauce thickens slightly, 1-2 min.
- Remove from heat, then cover to keep warm.



#### Finish and serve

- Fluff rice with a fork. Stir in half the green onions.
- Divide rice between bowls.
- Top with pork, veggies and any remaining **sauce** in the pan.
- Sprinkle remaining green onions over top.

# **Dinner Solved!**

