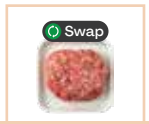




Cal Smart Pork 'Un-Fried' Rice with Green Veggies

Smart Meal

30 Minutes



Ground Beef
250 g | 500 g

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Pork
250 g | 500 g



Wild Rice Medley
½ cup | 1 cup



Green Beans
170 g | 340 g



Green Peas
56 g | 113 g



Green Onion
2 | 4



Ginger Sauce
2 tbsp | 4 tbsp



Soy Sauce
1 tbsp | 2 tbsp



Chili-Garlic Sauce
1 tbsp | 2 tbsp



Vegetable Stock Powder
1 tbsp | 2 tbsp

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.

Pantry items | Oil, salt, pepper

Cooking utensils | Measuring spoons, medium pot, measuring cups, large non-stick pan

1



Cook rice medley

• Before starting, wash and dry all produce.

- Stir together **stock powder**, **wild rice medley** and **1 cup** (2 cups) **water** in a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cook covered until **rice** is tender and **liquid** is absorbed, 18-20 min.
- Remove the pot from heat. Set aside, still covered.

2



Prep

- Meanwhile, thinly slice **green onions**, keeping white and green parts separate.
- Trim, then cut **green beans** into 1-inch pieces.

3



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tsp** (2 tsp) **oil**, then **green beans** and **peas**. Season with **salt** and **pepper**.
- Cook, stirring often, until **beans** are tender-crisp, 4-5 min.
- Transfer to a plate.

4



Cook pork

🔄 Swap | Ground Beef

- Add **1 tsp** (2 tsp) **oil** to the same pan, then add **pork**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.**
- Drain and discard excess fat, if desired.
- Add **green onion whites**. Cook, stirring often, until fragrant, 1 min.
- Remove from heat, then cover to keep warm until **rice** is ready.

5



Assemble 'un-fried' rice

- When **rice** is done, fluff with a fork.
- Add **rice**, **veggies**, **soy sauce** and **half the ginger sauce** (use all for 4 ppl) to the pan with **pork**. Reheat over medium until **veggies** are warmed through, 3-5 min.
- Remove from heat, then season with **salt** and **pepper**, to taste.

6



Finish and serve

- Divide **'un-fried' rice** between bowls.
- Drizzle **chili-garlic sauce** over top, if desired.
- Sprinkle **remaining green onions** over top.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

4 | Cook beef

🔄 Swap | Ground Beef

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

** Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.