

HELLO Lemongrass Pork Coconut Curry with Veggies and Pan-Fried Flatbread

Quick

20 Minutes









×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 降







Ground Pork 250 g | 500 g



1 2





Ginger-Garlic Puree

2 tbsp | 4 tbsp

34 cup | 1 ½ cup



Vegetable Mix



170 g | 340 g







1 | 2



Flatbread

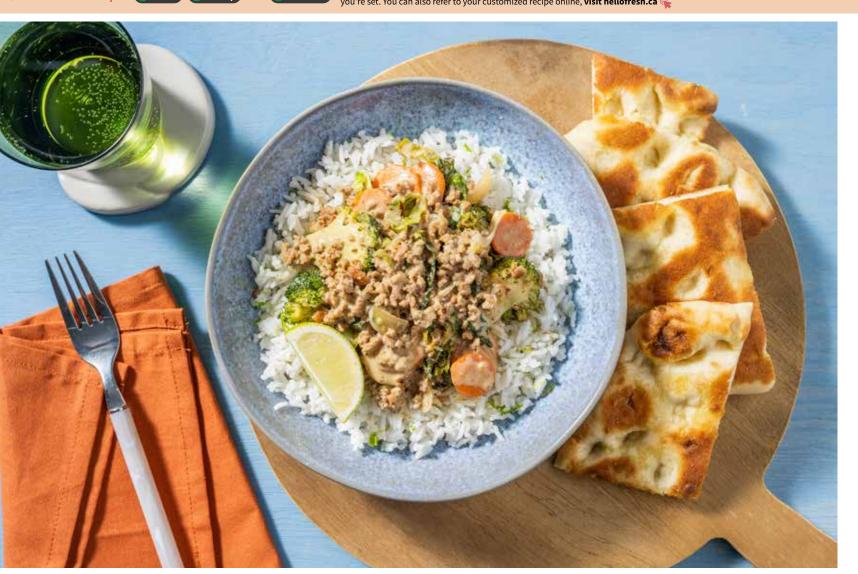


2 | 4





56 g | 113 g



Allengens 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. Cooking utensils | Medium non-stick pan, measuring spoons, rolling pin, zester, spatula, medium pot, measuring cups, large non-stick pan



Cook rice

- Before starting, wash and dry all produce.
- Add rice, 1 ¼ cups (2 ½ cups) water and
 ½ tsp (¼ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Prep

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, remove outer layer of **lemongrass**.
- Using a rolling pin or heavy pot, carefully smash lemongrass to bruise, then halve crosswise.
- Zest, then cut **half the lime** into wedges (whole lime for 4 ppl).



Cook pork

O Swap | Ground Beef

O Swap | Protein Shreds

- When the pan is hot, add pork,
 ½ tbsp (1 tbsp) oil, then lemongrass and ginger-garlic puree.
- Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard any excess fat.
- Sprinkle Indian Spice Mix over pork, then season with salt and pepper. Cook, stirring often, until fragrant, 30 sec.



Cook curry

- Add veggie mix, coconut milk,
 '3 cup (% cup) water and onion to the pan with pork. Bring to a simmer over high.
- Once simmering, reduce heat to medium.
 Cover and cook, stirring occasionally, until veggies are tender-crisp, 6-8 min.
- Carefully remove and discard lemongrass.
- Add fish sauce.
- Season with salt and pepper, to taste.



Toast flatbread

- Meanwhile, heat a medium non-stick pan over medium heat.
- When hot, add ½ tbsp oil, then one piece of flatbread.
- Cook on one side, gently pressing down with a spatula, until golden, 1-3 min.
- Flip, then sprinkle with **salt**, to taste.
- Cook, gently pressing down with a spatula, until golden and warmed through, 1-3 min.
- Repeat with remaining flatbread.



Finish and serve

- Add lime zest to rice, then fluff with a fork.
- Cut or tear **flatbread** into quarters.
- Divide rice between bowls. Spoon curry over rice.
- Squeeze a lime wedge over top, if desired.
- Serve flatbread alongside.

Measurements within steps

1 tbsp (2 tbsp)

p) **oil**

3 | Cook ground beef

O Swap | Ground Beef

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

3 | Cook protein shreds

O Swap | Protein Shreds

If you've opted to get **protein shreds**, cook **shreds** in the same way the recipe instructs you to cook the **pork**. Then increase cook time to 5-7 minutes until **shreds** are crispy.

