

Korean Pork Stir Fry



Ready in 30 minutes



**SIMPLY
DINNER**

FEEDS 4

— RECIPE BY —

**annabel
langbein™**

What's in the kit

- Annabel's Go To Korean Sauce
- Pork mince
- Canned corn
- Spring onions
- Carrots
- Rice
- Sesame seeds

What else you need

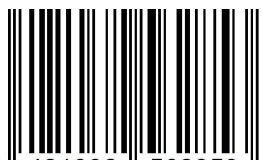
- Cooking Oil
- Water
- Salt and pepper

Optional extras

- Bag of baby spinach

*Dinner's
in the Bag!*

NET WEIGHT 1848 g



9 421032 562853



**NEW
RECIPE**
TAKE ME HOME

Korean Pork Stir Fry



Scan to visit our website
simplydinner.co.nz



Serves 4



Ready in 30 minutes

Ingredients

We endeavour to supply your meal kit exactly as shown. However, due to seasonality and supply issues some ingredients may occasionally be substituted with a different item.

- 1 ½ cups rice
- 2 spring onions
- 3 carrots
- 1 can corn
- 400g pork mince
- 300g Annabel's Go To Korean Sauce
- 40g sesame seeds

Method

If using optional ingredients, please read cooking method fully before starting to cook.

1. Place rice in a large pot with 2 ¼ cups water and a pinch of salt. Bring to a boil then cover with a lid and reduce to low heat.
2. Cook for 13 minutes then turn off and allow to steam. Do not lift the lid at any stage.
3. While rice cooks, start preparing other ingredients. Drain corn into a sieve, put to one side. Thinly slice spring onions, keeping whites and greens separate. Put to one side.
4. Toast sesame seeds in a dry frying pan, stirring frequently until golden. Set aside.
5. Peel carrots, halve lengthwise and thinly angle slice. Place in a pot of boiling water with a pinch of salt. Boil for 3-4 minutes until just tender. Drain.
6. While carrots cook, heat 2 tbsp oil in a large heavy frypan. Season pork mince and add to a hot pan with the whites of the spring onions. Stir fry over high heat for 4-5 minutes until meat is lightly browned and cooked through.
7. Add Annabel's Go To Korean Sauce, drained carrots and corn. Bring to a simmer and mix through the spring onion greens and most of the toasted sesame seeds. Stir to combine, and serve immediately.

To Serve

Serve over rice and sprinkle with remaining toasted sesame seeds.

Optional

If using spinach stir into cooked stir fry until wilted before garnishing with toasted sesame seeds.



Thanks for supporting me and our Simply Dinner meal kit range.

You can also follow us on: [f simplydinnernz](#) [@simplydinnernz](#)

Annabel Lyden

NUTRITION INFORMATION

Servings per package: 4
Serving size: 490 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	3150 kJ	644 kJ
Protein	32.5 g	6.6 g
Fat, total	22 g	4.5 g
- saturated	5.3 g	1.1 g
Carbohydrate	99.8 g	20.4 g
- sugars	25.7 g	5.2 g
Sodium	1700 mg	347 mg

INGREDIENTS: Carrot, Canned corn [Supersweet corn, water, salt, food acid (citric acid)], Pork mince (20%), Rice, Annabel's Go To Korean Sauce (15%) [Water, sugar, soy sauce (water, soy beans, wheat flour, salt, sugar), tomato paste, vinegar, sesame seeds, sesame oil, salt, thickener (E442), garlic, Korean red pepper, ginger, yeast extract, onion powder], Spring onion, Sesame seeds.

Contains Soy, Wheat, Gluten, Sesame

NUTRITION INFORMATION refers to the packaged meal and **NET WEIGHT** refers to the weight of the bag. All ingredients and items within this meal kit are intended for use in the recipe supplied and are to be used as per the stated **Use By** date. Nutritional values can increase or decrease due to changes caused by the cooking process, the addition of optional ingredients and pantry items (such as salt) or the substitution of fresh produce.

Directions for use and storage conditions: Keep everything clean including hands and surfaces prior to eating. Wash all fruit and vegetables thoroughly. Separate raw and ready to eat foods during storage and preparation. Cook food thoroughly. Keep food at safe temperature and store ingredients between 1°C and 4°C.

Marketed by: Foodstuffs North Island Ltd. 35 Landing Drive, Mangere, Auckland 2022.

If you have any feedback or issues with your meal kit, please contact the store you purchased your Simply Dinner meal kit from.

