



Product Spotlight: Thai Basil

Thai basil has a purple stem and an aroma of liquorice, cinnamon and mint. It still holds its flavour after cooking whereas sweet basil is best enjoyed fresh!



Pad Kra Pao

Thai-inspired Pad Kra Pao is a quick and flavourful stir-fry of pork mince and crisp vegetables tossed in stir fry sauce, served over brown rice and topped with fresh Thai basil and chilli for a bold, aromatic finish.



30 minutes



2 servings



Pork

Spice it up!

Add a fried egg on top for a more traditional Thai-style version. Add diced pineapple or mango slices for a sweet contrast to the savoury flavours.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	57g	27g	71g

FROM YOUR BOX

BROWN BASMATI RICE	150g
SHALLOT	1
RED CAPSICUM	1
RED CHILLI	1
CARROT	1
GARLIC CLOVE	1
LIME	1
PORK MINCE	300g
CHINESE STIR FRY SAUCE	50ml
THAI BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

If you have one, use a wok to cook the stir fry in!

Using sesame oil to cook the veggies is a great way to add extra flavour to the stir fry.



1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



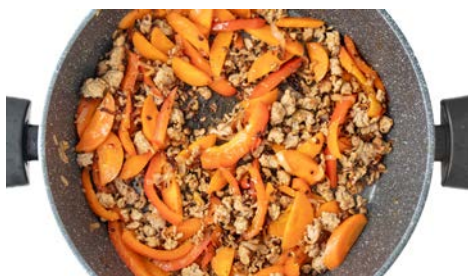
2. PREPARE THE INGREDIENTS

Slice **shallot**, **capsicum**, and **chilli**, crescent **carrot**, crush **garlic**, and wedge **lime**.



3. BROWN THE PORK

Heat a large frypan (see notes) over medium-high heat. Add **pork**, breaking up any lumps with a wooden spoon. Cook for 5 minutes until **mince** begins to brown.



4. STIR FRY THE VEGGIES

Add **shallot**, **capsicum**, **carrot** and **garlic** to the pan, add extra **oil** as necessary (see notes). Stir fry for 5–8 minutes until **vegetables** are tender.



5. ADD THE SAUCE

Add **Chinese stir fry sauce** and **1/4 cup water** to stir fry. Cook for 2–3 minutes to warm the **sauce**. Season to taste with **salt** and **pepper**.



6. FINISH AND SERVE

Finely slice **basil**.

Divide **rice** among plates. Top with **stir fry** and garnish with **chilli** and **basil**. Serve with **lime wedges**.



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