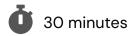






Pad Kra Pao

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.







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.

PROTEIN TOTAL FAT CARBOHYDRATES

32g

61g

FROM YOUR BOX

BROWN BASMATI RICE	150g
SHALLOT	1
RED CAPSICUM	1
RED CHILLI	1
CARROT	1
GARLIC	1 clove
LIME	1
PORK MINCE	500g
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
was 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 1/3 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.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



