



### 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



4/6 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 |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 30g/56g | 20g/29g   | 76g/81g       |

## FROM YOUR BOX

|                            | 4 PERSON | 6 PERSON    |
|----------------------------|----------|-------------|
| BROWN BASMATI RICE         | 300g     | 300g + 150g |
| SHALLOTS                   | 2        | 3           |
| RED CAPSICUM               | 1        | 2           |
| RED CHILLI                 | 1        | 1           |
| CARROTS                    | 2        | 2           |
| GARLIC CLOVES              | 2        | 3           |
| LIME                       | 1        | 1           |
| PORK MINCE                 | 500g     | 2 x 500g    |
| CHINESE STIR FRY SAUCE     | 100ml    | 2 x 100ml   |
| THAI BASIL                 | 1 packet | 1 packet    |
| ROAST PEANUTS & HEMP SEEDS | 1 packet | 2 packets   |

## 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 **600ml 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.

**6P** – cover rice with 900ml water.



### 2. PREPARE THE INGREDIENTS

Slice **shallots**, **capsicum**, and **chilli**, crescent **carrots**, 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 **shallots**, **capsicum**, **carrots** 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 **1/2 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 **peanuts** and **hemp seeds**, **chilli** and **basil**. Serve with **lime wedges**.



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