



Thai Sticky Pork & Cashew Nut Stir Fry with Brown Rice

This dish is bursting with flavour! Zingy, salty, crunchy and slightly sweet - it is an absolute winner. Who needs a Thai takeaway when you have DropChef? The brown rice gives this dish a boost of fibre. Don't forget to remove the seeds from the chilli if you dislike spice.

Ingredients

- Pork Mince
- Spring Onion
- Garlic Clove
- Red Chilli
- Green Bell Pepper
- Ginger
- Cashew Nuts
- Brown Sugar
- Brown Rice
- Sauce Mix
 - Light Soy Sauce
 - Sesame Oil
 - Fish Sauce

Nutritional Info

Calories: 593 kcal
Carbohydrates: 58.4 g
Protein: 33g
Fat: 26.5g

Allergens


[Fish \(Fish Sauce\)](#)
[Nuts \(Cashews\)](#)
[Soya \(Soy Sauce\)](#)
[Sesame \(Sesame Oil\)](#)
[Wheat \(Soy Sauce\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Boil the kettle

2) Prepare the vegetables and make the sauce

Grate about 1/2 a teaspoon of ginger per person. Finely chop the spring onion and red chilli (remove the seeds if you prefer less heat). Put a few pieces of red chilli aside for garnishing later.

Dice the green pepper into small pieces. Peel and crush the garlic.

Mix together the sauce mix and just under a teaspoon of brown sugar per person. Set aside.

3) Cook the rice

Add the rice to a saucepan of boiling water and cook for 20 minutes or until done to your liking. Meanwhile...

4) Cook the vegetables

In a frying pan or wok, heat a little oil on medium heat. Add in the chilli, garlic, ginger, and spring onion. Stir fry for two minutes.

5) Add the pork

Add in the crushed cashews and the pork mince to the frying pan alongside the veg. Using your wooden spoon, fork, or spatula, continuously break the mince up into small pieces as you stir fry it. Cook the pork for 3-5 minutes, then add the green pepper and cook a further minute.

6) Mix in the sauce

Pour the sauce over the stir fry. Turn the heat up to high and allow to glaze and caramelise around the pork and vegetables (approx 1-2 minutes). Turn off the heat.

7) Plate the dish

Plate the rice and top with the Thai pork. Garnish with the leftover red chilli. Enjoy!



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