

**Recipe Card** 

People with Down Syndrome

## Ingredients

- 1 tbs sesame oil
- 500g pork mince
- 1/3 cup (95g) hoisin sauce
- 1tbs soy sauce
- 2 garlic cloves, crushed
- 3 tsp ginger paste
- 1/2 cup coriander

leaves

- 2 x 500g pkts Birds Eye
  Veggie <u>Rice</u> Fried Rice
  Style Cauli, Pea & Corn
- 4 spring onions, thinly sliced
- 1 long red chilli, thinly sliced (optional)



## Directions Step 1

- Heat 1/2 tbs oil in a wok or large non-stick frying pan over medium heat.
- Add the mince and cook, stirring with a wooden spoon to break up lumps, for 5 mins or until the mince changes colour.
- Add the hoisin sauce, soy sauce, garlic, ginger paste and 3/4 cup (185ml) water.
- Cook, stirring often, for 10-15 mins or until mince mixture is dark golden.
- Transfer to a plate and cover to keep warm.



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## **Step 2**

- Chop half the coriander.
- Heat the remaining 1/2 tbs oil in wok or pan. •
- Add the Birds Eye Veggie Rice and stir-fry for 3-4 mins or until light golden.
- Add the chopped coriander and half the spring onion. •
- Toss to combine. •
- Return mince mixture to wok or pan.
- Toss to combine.

## **Step 3**

- Divide mince mixture among bowls.
- Sprinkle with the remaining spring onion, remaining coriander and chilli, if using.





