



Korma Spiced Pork Pilaf and Mango Chutney with Peas and Yoghurt

Family 20 Minutes • Mild Spice

3



Garlic Clove



Basmati Rice



Ground Turmeric



Pork Mince



Curry Powder Mix



Chicken Stock Paste



Korma Style Paste



Peas



Mango Chutney



Low Fat Natural Yoghurt



Beef Mince

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, garlic press, saucepan, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Basmati Rice	150g	225g	300g
Ground Turmeric	½ sachet	¾ sachet	1 sachet
Pork Mince**	240g	360g	480g
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	15g	23g	30g
Korma Style Paste 9)	50g	75g	100g
Peas**	120g	180g	240g
Mango Chutney	40g	60g	80g
Low Fat Natural Yoghurt** 7)	75g	120g	150g
Beef Mince**	240g	360g	480g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	353g	100g	353g	100g
Energy (kJ/kcal)	3302 /789	935 /223	3076 /735	871 /208
Fat (g)	33.6	9.5	27.0	7.7
Sat. Fat (g)	11.2	3.2	9.9	2.8
Carbohydrate (g)	85.4	24.2	85.2	24.1
Sugars (g)	19.9	5.6	19.7	5.6
Protein (g)	36.9	10.5	40.2	11.4
Salt (g)	3.63	1.03	3.67	1.04

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 9) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Garlic Time

- Boil a half-full kettle.
- Peel and grate the **garlic** (or use a garlic press).



Cook the Turmeric Rice

- Pour the **boiled water** from your kettle into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and **turmeric** (see ingredients for amount) and cook for 10-12 mins.
- Once cooked, drain in a sieve, then pop it on top of the pan and allow to steam until ready to serve.



Fry the Pork

- Meanwhile, heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.
- Add the **garlic** and **curry powder** and cook for 1 min more.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Make your Pilaf

- Lower the heat to medium.
- Once the **rice** is cooked, stir it into the **pork** with the **chicken stock paste**, **korma style paste** and **peas** until well combined.



Bring on the Chutney

- Stir the **mango chutney** through your **pilaf**.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry.



Garnish and Serve

- When ready, share the **pork pilaf** between your bowls.
- Drizzle over the **yoghurt** to finish.

Enjoy!