



# Cheeseburger Inspired Rice Bowl with Burger Sauce Slaw, Cheese and Crispy Onions

Quick 15 Minutes • Mild Spice

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Basmati Rice



Pork Mince



Mature Cheddar  
Cheese



Burger Sauce



Coleslaw Mix



Tomato Puree



Central American  
Style Spice Mix



Chicken Stock  
Paste



Crispy Onions



Beef Mince

#### Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

#### 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, saucepan, frying pan, grater and bowl.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Pork Mince**	240g	360g	480g
Mature Cheddar Cheese** 7)	30g	40g	60g
Burger Sauce 8) 9)	45g	75g	90g
Coleslaw Mix**	120g	180g	240g
Tomato Puree	30g	45g	60g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Crispy Onions 13)	1 sachet	1½ sachets	2 sachets
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Water*	100ml	150ml	200ml
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	389g	100g	389g	100g
Energy (kJ/kcal)	3564 / 852	917 / 219	3338 / 798	859 / 205
Fat (g)	44.5	11.4	37.9	9.7
Sat. Fat (g)	15.4	4.0	14.2	3.6
Carbohydrate (g)	76.3	19.6	76.0	19.6
Sugars (g)	12.0	3.1	11.8	3.0
Protein (g)	36.7	9.4	39.9	10.3
Salt (g)	2.77	0.71	2.82	0.72

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

## Allergens

7) Milk 8) Egg 9) Mustard 13) Cereals containing gluten

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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## Quick Prep

- Boil a half-full kettle. Pour it into a saucepan with ¼ tsp salt on high heat.
- Boil the rice, 10-12 mins. Once cooked, drain, pop back in the pan and cover.
- Meanwhile, heat a frying pan on medium-high heat.

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## Finishing Touches

- Drain the fat from the mince. Season with salt and pepper.
- Add the tomato puree, Central American spice mix, chicken stock paste and water (see pantry).
- Fry until the sauce has thickened, 2-3 mins. Remove from the heat and stir in the ketchup (see pantry).
- Add a splash of water if it's too thick. Taste and season with salt and pepper if needed.

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## Get Frying

- Once hot, fry the pork mince, 5-6 mins. Break up the mince as it cooks. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.
- Meanwhile, grate the cheese.
- In a bowl, mix together the burger sauce and coleslaw mix. Season with salt and pepper.

## CUSTOM RECIPE

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

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## Dinner's Ready!

- Share your rice between bowls.
- Top with the spiced pork mince and coleslaw.
- Sprinkle the cheese and crispy onions all over.

## Enjoy!