



Pork Chilli Burrito Bowl

with Tomato Salsa, Greek Style Natural Yoghurt and Cheese

Family 20 Minutes • Mild Spice • 2 of your 5 a day

3



Basmati Rice



Garlic Clove



Pork Mince



Central American
Style Spice Mix



Tomato Passata



Chicken Stock
Paste



Medium Tomato



Mature Cheddar
Cheese



Greek Style
Natural Yoghurt



Chilli Flakes



Beef Mince

Pantry Items

Oil, Salt, Pepper, Olive Oil

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, sieve, lid, garlic press, frying pan, bowl and grater.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------------|----------|------------|-----------|
| Basmati Rice | 150g | 225g | 300g |
| Garlic Clove** | 2 | 3 | 4 |
| Pork Mince** | 240g | 360g | 480g |
| Central American Style Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Tomato Passata | 1 carton | 1½ cartons | 2 cartons |
| Chicken Stock Paste | 10g | 15g | 20g |
| Medium Tomato | 2 | 3 | 4 |
| Mature Cheddar Cheese** 7) | 30g | 40g | 60g |
| Greek Style Natural Yoghurt** 7) | 75g | 150g | 150g |
| Chilli Flakes | 1 pinch | 1 pinch | 2 pinches |
| Beef Mince** | 240g | 360g | 480g |
| Pantry | 2P | 3P | 4P |
| Water for the Sauce* | 150ml | 225ml | 300ml |
| Olive Oil for the Salsa* | 1 tbsp | 1½ tbsp | 2 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Custom Recipe | | | |
|-------------------------|---------------|-----------|-------------|-----------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 556g | 100g | 556g | 100g |
| Energy (kJ/kcal) | 3452 / 825 | 621 / 149 | 3226 / 771 | 581 / 139 |
| Fat (g) | 41.8 | 7.5 | 35.2 | 6.3 |
| Sat. Fat (g) | 16.5 | 3.0 | 15.2 | 2.7 |
| Carbohydrate (g) | 78.4 | 14.1 | 78.2 | 14.1 |
| Sugars (g) | 11.9 | 2.1 | 11.6 | 2.1 |
| Protein (g) | 38.9 | 7.0 | 42.1 | 7.6 |
| Salt (g) | 2.35 | 0.42 | 2.40 | 0.43 |

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

Allergens

7) Milk

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, cereals containing 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.

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60 Worship St, London EC2A 2EZ

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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Fry the Mince

- While the **rice** cooks, peel and grate the **garlic** (or use a garlic press).
- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince.
- 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.



Make the Tomato Salsa

- Meanwhile, cut the **tomatoes** into 1cm chunks. Pop the **tomato chunks** into a small bowl with the **olive oil for the salsa** (see pantry for amount).
- Season with **salt** and **pepper**, mix together, then set your **salsa** aside.



Cheese Please

- Grate the **Cheddar cheese**.



Add the Flavour

- Add the **garlic** and **Central American style spice mix** to the **pork**. Stir-fry until fragrant, 30 secs.
- Pour the **passata**, **chicken stock paste** and the **water for the sauce** (see pantry for amount) into the pan. Add a pinch of **sugar** (if you have any). Stir together and bring to the boil, then reduce the heat.
- Simmer, stirring occasionally, until the **sauce** has thickened, 10-12 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Taste and season with **salt** and **pepper** if needed, then remove from the heat.



Assemble your Burrito Bowl

- When everything's ready, fluff up the **rice** with a fork and share between your bowls.
- Top with the **pork chilli**, **tomato salsa** and **grated Cheddar** in separate sections over the **rice**, then add a dollop of **Greek style natural yoghurt**.
- Finish with a sprinkle of **chilli flakes** for those who'd like some more heat (add less if you'd prefer things milder).

Enjoy!