



Tex-Mex Style Pork Chilli and Tostada Dippers

with Beans and Cheese

9

Quick 20-25 Minutes • **Medium Spice** • 2 of your 5 a day



Pork Mince



Mixed Beans



Plain Taco
Tortillas



Mexican Style
Spice Mix



Tomato Passata



Chicken Stock
Paste



Grated Hard
Italian Style Cheese



Beef Mince

Pantry Items

Oil, Salt, Pepper, Honey, Butter

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

Saucepan, sieve, baking tray and lid.

Ingredients

Ingredients	2P	3P	4P
Pork Mince**	240g	360g	480g
Mixed Beans	1 carton	1½ cartons	2 cartons
Plain Taco Tortillas (13)	4	6	8
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	15g	25g	30g
Grated Hard Italian Style Cheese** (7) (8)	20g	40g	40g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	496g	100g	496g	100g
Energy (kJ/kcal)	3352 / 801	676 / 162	3126 / 747	630 / 151
Fat (g)	41.8	8.4	35.2	7.1
Sat. Fat (g)	18.3	3.7	17.1	3.4
Carbohydrate (g)	60.2	12.1	59.9	12.1
Sugars (g)	14.6	2.9	14.4	2.9
Protein (g)	42.0	8.5	45.2	9.1
Salt (g)	4.15	0.84	4.2	0.85

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

Allergens

7) Milk (8) Egg (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, 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.

Contact

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Brown the Mince

Preheat your oven to 220°C/200°C fan/gas mark 7.

Heat a large saucepan 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. **IMPORTANT:** Wash your hands and equipment after handling raw meat.

CUSTOM RECIPE

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



Toast the Tostada Dippers

Meanwhile, bake the **tortillas** on the top shelf of the oven until golden and crispy, 4-6 mins.

TIP: Tostada means 'toasted', so make sure they're crispy!



Add the Flavour

Meanwhile, drain and rinse the **mixed beans** in a sieve.

Lay the **tortillas** onto a large baking tray in a single layer and rub each with a little **oil**. Season with **salt** and set aside.

When the **mince** has browned, stir the **Mexican style spice mix**, **mixed beans**, **passata**, **chicken stock paste**, **honey** and **water for the sauce** (see pantry for both amounts) into the saucepan and bring to the boil.



Final Touches

When the **pork chilli** is ready, stir through the **butter** (see pantry for amount) until melted.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Simmer the Sauce

Once the **sauce** is boiling, reduce the heat to a simmer and cover with a lid or some foil.

Simmer until the **pork** is cooked and the **sauce** has thickened, 10-12 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Serve

Share the **pork chilli** between your bowls. Sprinkle over the **hard Italian style cheese**.

Serve the **tostada dippers** alongside.

Enjoy!