



Central American Style Spiced BBQ Pork Chilli with Rice and Cheese

14

Quick 20 Minutes • Mild Spice • 1 of your 5 a day



Basmati Rice



Green Pepper



British Pork Mince



Central American Style Spice Mix



Garlic Clove



Mature Cheddar Cheese



Tomato Passata



Chicken Stock Paste



BBQ Sauce



British Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar

↔ **Swap to Beef Mince**

If you chose to swap to beef mince, 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, frying pan, garlic press and grater.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------------|-----------|------------|-----------|
| Basmati Rice | 150g | 225g | 300g |
| Green Pepper** | 1 | 1½ | 2 |
| British Pork Mince** | 240g | 360g | 480g |
| Central American Style Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Garlic Clove** | 2 | 3 | 4 |
| Mature Cheddar Cheese** | 40g | 60g | 80g |
| 7) | | | |
| Tomato Passata | 1 carton | 1½ cartons | 2 cartons |
| Chicken Stock Paste* | 10g | 15g | 20g |
| BBQ Sauce* | 32g | 48g | 64g |
| British Beef Mince** | 240g | 360g | 480g |
| Pantry | 2P | 3P | 4P |
| Sugar for the Sauce* | 1 tsp | 1½ tsp | 2 tsp |
| Water for the Sauce* | 100ml | 150ml | 200ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Custom Recipe | | | |
|-------------------------|---------------|-----------|-------------|-----------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 467g | 100g | 467g | 100g |
| Energy (kJ/kcal) | 3289 / 786 | 705 / 168 | 3063 / 732 | 656 / 157 |
| Fat (g) | 35.3 | 7.6 | 28.7 | 6.1 |
| Sat. Fat (g) | 14.5 | 3.1 | 13.2 | 2.8 |
| Carbohydrate (g) | 83.7 | 17.9 | 83.5 | 17.9 |
| Sugars (g) | 12.0 | 2.6 | 11.7 | 2.5 |
| Protein (g) | 38.2 | 8.2 | 41.4 | 8.9 |
| Salt (g) | 2.65 | 0.57 | 2.65 | 0.57 |

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

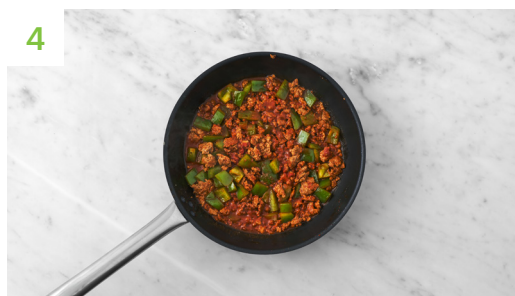
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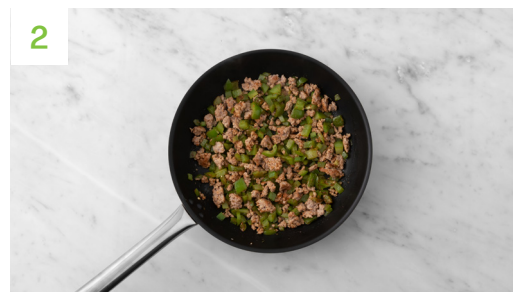
Get Started

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Stew Time

- Add the **garlic** to the **mince** and cook for 1 min more.
- Stir through the **passata**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).
- Simmer until the **sauce** has thickened slightly, 3-4 mins.



Get Frying

- Meanwhile, halve the **green pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **pork mince**, **Central American style spice mix** and **sliced pepper**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks. **IMPORTANT: Wash your hands and equipment after handling raw mince.**

↔ Swap to Beef Mince

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



Flavour Town

- Stir the **BBQ sauce** through the **mince** and cook until thickened and warmed through, 1-2 mins.
- Taste and season with **salt** and **pepper** if you feel it needs it. Add a splash of **water** if it's a little too thick.
- Fluff up the **rice** with a fork.



Finish the Prep

- While the **mince** cooks, peel and grate the **garlic** (or use a garlic press).
- Grate the **Cheddar cheese**.
- Once the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT: The mince is cooked when no longer pink in the middle.**



Serve Up

- When everything's ready, share the **rice** between your serving bowls.
- Top with the **BBQ pork stew**.
- Scatter over the **cheese** to finish.

Enjoy!