

# Quick Spicy Pork on Rice

with Cheese, Veggie 'Nduja and Sweet Potato

Family 20-25 Minutes • **Very Hot** • 2 of your 5 a day



-  Sweet Potato
-  Basmati Rice
-  British Pork Mince
-  Garlic Clove
-  Vegan 'Nduja
-  Tomato Passata
-  Chicken Stock Paste
-  Mature Cheddar Cheese
-  Wild Rocket
-  British Beef Mince

**Pantry Items**  
Oil, Salt, Pepper, Honey, Butter

↔ **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!



Featuring a hot, umami blend of Calabrian chillies and peppers, this 'Nduja is completely meat-free but with all the same flavour. That's what gives the heat in this Quick Spicy Pork on Rice and it's ready in less than 25 minutes.

## 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

Baking tray, kettle, saucepan, sieve, lid, frying pan, garlic press and grater.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	1½	2
Basmati Rice	150g	225g	300g
British Pork Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Vegan 'Nduja	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Mature Cheddar Cheese** 7)	30g	40g	60g
Wild Rocket**	20g	40g	40g
British Beef Mince**	240g	360g	480g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>583g</b>	<b>100g</b>	<b>583g</b>	<b>100g</b>
Energy (kJ/kcal)	4124 /986	708 /169	3722 /890	639 /153
Fat (g)	45.6	7.8	33.9	5.8
Sat. Fat (g)	19.9	3.4	16.7	2.9
Carbohydrate (g)	107.9	18.5	108.2	18.6
Sugars (g)	20.8	3.6	20.6	3.5
Protein (g)	40.3	6.9	43.0	7.4
Salt (g)	2.89	0.50	2.84	0.49

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

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **sweet potato** into 1cm chunks (no need to peel).
- Pop the **sweet potato** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**
- When the oven is hot, roast on the top shelf until golden and tender, 18-20 mins. Turn halfway through.



## Build the Flavour

- While the **pork** fries, peel and grate the **garlic** (or use a garlic press).
- Stir the **garlic** and **vegan 'Nduja** (add less if you'd prefer things milder) into the pan and fry until fragrant, 1 min.
- Stir in the **passata**, **chicken stock paste**, **honey** and **water for the sauce** (see pantry for both amounts). Bring to a boil, then reduce the heat and simmer until slightly thickened, 3-4 mins.



## Get the Rice on

- Meanwhile, 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.
- 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.



## Final Touches

- While the **sauce** simmers, grate the **cheese**.
- Stir in the **butter** (see pantry for amount) until melted. Add a splash of **water** if you feel it needs it.
- Taste and season with **salt** and **pepper** if needed.
- Once the **sweet potato** is roasted, stir it into the **sauce**.



## Get Frying

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince**.
- Fry until the **mince** has browned, 5-6 mins. Use a spoon to break it up as it cooks.
- When the **mince** has browned, 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.**

↔ Swap to Beef Mince

Cook the **beef mince** in the same way as the **pork**.



## Serve

- Share the **rice** between your serving bowls. Spoon over the **pork** and **roasted sweet potato**.
- Sprinkle over the **cheese**.
- Top with the **rocket** and drizzle some **olive oil** over the **leaves**.

## Enjoy!