



Super Quick Chipotle Pork Couscous Bowl

with Sweetcorn, Spinach, Soured Cream and Smashed Avocado

44

Super Quick 15 Minutes • **Medium Spice** • 2 of your 5 a day



Sweetcorn



Garlic Clove



British Pork Mince



Roasted Spice and Herb Blend



Couscous



Chicken Stock Paste



Tomato Passata



Chipotle Paste



Baby Spinach



Smashed Avocado



Soured Cream



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!

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, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Sweetcorn	160g	340g	340g
Garlic Clove**	2	3	4
British Pork Mince**	240g	360g	480g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Couscous 13	120g	180g	240g
Chicken Stock Paste	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chipotle Paste	20g	30g	40g
Baby Spinach**	40g	100g	100g
Smashed Avocado**	1 pot	2 pots	2 pots
Soured Cream** 7	75g	150g	150g
British Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Boiling Water*	200ml	300ml	400ml
Honey*	1 tsp	1½ tsp	2 tsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	603g	100g	603g	100g
Energy (kJ/kcal)	3959 / 946	657 / 157	3557 / 850	590 / 141
Fat (g)	55.5	9.2	43.8	7.3
Sat. Fat (g)	22.0	3.6	18.8	3.1
Carbohydrate (g)	69.7	11.6	70.0	11.6
Sugars (g)	17.8	3.0	17.7	2.9
Protein (g)	38.0	6.3	40.7	6.8
Salt (g)	3.63	0.60	3.58	0.59


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

Allergens

7) Milk 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, 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.

 You can recycle me!

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The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Frying

- Boil a half-full kettle.
- Drain the **sweetcorn**. Peel and grate the **garlic** (or use a garlic press).
- Heat a frying pan on medium-high heat (no oil).
- Once hot, fry the **pork** and **roasted spice and herb blend**, 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.

↔ Swap to Beef Mince

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



Flavour Town

- Add the **garlic** to the **pork** and cook, 1 min more.
- Stir in the **sweetcorn**, **passata**, **chipotle** (add less if you'd prefer things milder), **honey**, **butter** (see pantry for both) and remaining **chicken stock paste**.
- Bring to the boil and simmer, 2-3 mins.
- Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins. Add a splash of **water** if it's a little thick.



Cook Couscous

- Put the **couscous** into a bowl.
- Pour in the **boiling water** (see pantry). Stir in **half** the **chicken stock paste**.
- Cover tightly with cling film. Leave to the side, 10 mins.
- Drain the fat from the **mince**. Season with **salt** and **pepper**.



Dinner's Ready!

- Fluff the **couscous** up with a fork. Share between your bowls.
- Spoon over the **chipotle pork**.
- Top with the **smashed avocado**. Dollop on the **soured cream**.

Enjoy!