









Cajun Pork Mince and Beans Jacky-P with Cheese and Salad

Classic 40-45 Minutes • Medium Spice • 3 of your 5 a day

8



-  Baking Potato
-  Pork Mince
-  Garlic Clove
-  Red Kidney Beans
-  Cajun Spice Mix
-  Tomato Passata
-  Chicken Stock Paste
-  Mature Cheddar Cheese
-  Medium Tomato
-  Lime
-  Baby Leaf Mix
-  Beef Mince

Pantry Items
Oil, Salt, Pepper, Sugar, 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.

Cooking tools

Baking tray, frying pan, garlic press, sieve, grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Baking Potato	2	3	4
Pork Mince**	120g	240g	240g
Garlic Clove**	2	3	4
Red Kidney Beans	½ cartons	¾ cartons	1 carton
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Mature Cheddar Cheese** 7)	40g	70g	90g
Medium Tomato	2	3	4
Lime**	1	1	1
Baby Leaf Mix**	20g	30g	40g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Sugar for the Sauce	½ tsp	¾ tsp	1 tsp
Water for the Sauce	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	718g	100g	779g	100g
Energy (kJ/kcal)	2543 /608	354 /85	2995 /716	385 /92
Fat (g)	22.5	3.1	28.9	3.7
Sat. Fat (g)	9.9	1.4	13.5	1.7
Carbohydrate (g)	74.6	10.5	74.5	9.6
Sugars (g)	13.1	1.8	13.0	1.7
Protein (g)	31.1	4.4	46.3	5.9
Salt (g)	2.58	0.36	2.72	0.35

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, 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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Bake the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Halve the **potatoes** lengthways and pop them onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

Rub the **oil** over the **potatoes**, then lay them cut-side down on the baking tray.

When the oven is hot, roast on the top shelf until tender and a knife slips in easily, 30-40 mins.



Prep the Rest

While the **mince mixture** simmers, grate the **Cheddar cheese**.

Cut the **tomatoes** into 1cm chunks. Cut the **lime** into wedges.

In a large bowl, combine a drizzle of **olive oil** with a good squeeze of **lime juice** from a **lime wedge**. Season with **salt, pepper** and a pinch of **sugar** (if you have any), then add the **tomato chunks** and mix well. Set aside for now.



Fry the Mince

Meanwhile, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **pork mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

While the **mince** cooks, peel and grate the **garlic** (or use a garlic press). Drain and rinse the **kidney beans** (see ingredients for amount) in a sieve.

CUSTOM RECIPE

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



Toss the Salad

Once the **mince mixture** is ready, season with **salt, pepper** and a squeeze of **lime juice** from a **lime wedge**. Remove from the heat.

When you're almost ready to serve, reheat the **mince** if needed. Add a splash of **water** if it's a little too thick.

Add the **baby leaves** to the bowl of **tomato chunks** and toss in the **dressing**.



Bring on the Beans

Once the **mince** is cooked, drain and discard any excess fat. Season with **salt** and **pepper**.

Add the **garlic** and **Cajun spice mix** (add less if you'd prefer things milder) to the **pork**. Stir-fry for 1 min.

Stir in the **passata, chicken stock paste, sugar** and **water for the sauce** (see pantry for both amounts), then stir through the **kidney beans**.

Bring to the boil, then lower the heat and simmer until thickened, 8-10 mins.



Load up and Serve

Transfer the **baked potatoes** to your plates, cut-side up. Add a knob of **butter** to the **potatoes** if you'd like.

Spoon the **Cajun pork** over the top and sprinkle with the **cheese**, then garnish with **lime wedges** for squeezing over. Serve the **salad** alongside to finish.

Enjoy!