



More Than Food
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Paprika Pork with Crushed New Potatoes and Butter Bean Stew

A combination of Spanish delights. A very simple Spanish butter bean stew using fresh, seasonal tomatoes, rich in flavour and colour. A great little dish on its own! It's difficult to go into a tapas bar and not find this on the menu. And of course, a traditional combination of paprika and pork that will send wonderful, zingy notes to your taste buds.

 35 mins

 lactose free

 gluten free



Onion (½)



Garlic Clove (1)



Vine Tomato (2)



Organic Butter Beans (1 tin)



Chicken Stock Pot (½)



Tomato Purée (1½ tsp)



Bay Leaf (1)



Water (75ml)



New Potatoes (1 pack)



Red Pepper (1)



Pork Fillet (1)



Smoked Paprika (1½ tsp)

2 PEOPLE INGREDIENTS

- Onion, sliced
- Garlic Clove, chopped
- Vine Tomato, chopped
- Organic Butter Beans
- Chicken Stock Pot
- Tomato Purée

- Bay Leaf
- Water
- New Potatoes
- Red Pepper, sliced
- Pork Fillet
- Smoked Paprika

- 1
- 75ml
- 1 pack
- 1
- 1
- 1½ tsp

Our fruit and veggies may need a little wash before cooking!

Did you know...
You can buy butter beans in any British supermarket but have you ever seen fresh ones? Probably not. Butter beans originate from lima beans which are notoriously hard to track down. The hunt goes on...

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	714 kcal / 3001 kJ	22 g	7 g	74 g	12 g	53 g	0 g
Per 100g	90 kcal / 379 kJ	3 g	1 g	9 g	1 g	7 g	0 g

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.



1 Pre-heat your oven to 200 degrees.

2 Start with the stew by peeling and cutting the **onion** in half and finely slicing into half moons. Peel and finely chop the **garlic**, chop the **tomatoes** into eighths and heat a medium-sized saucepan with a splash of **olive oil**. Once warm, add your **onions** and **garlic**. Fry for 5 mins until they become soft, transparent and begin to colour.



3 Add the **tomatoes** to the saucepan and cook for a further 2 mins. Drain the **butter beans** and add them to the pan, followed by the **chicken stock pot**, **tomato purée**, **bay leaf** and the **water** (see ingredients!). Place a lid on the saucepan and leave to simmer for 30 mins, stirring occasionally to ensure it isn't catching on the bottom or becoming too dry. **Tip:** *If it does start to become dry, just add a splash of water.*



4 Chop any larger **new potatoes** in half. Boil a pot of water with a pinch of **salt** and add the **new potatoes**. Cook for 15 mins. Meanwhile, remove the core and slice the **red pepper** into thick strips about 2cm wide. Place these on a baking tray.



5 Season the **pork fillet** with a good pinch of **salt** and rub the **smoked paprika** all over the meat. Place this on top of your bed of **peppers** and generously drizzle with **olive oil**, before putting it on the top shelf of your oven for 15-20 mins or until cooked through and no longer pink in the middle.

6 Your **new potatoes** should be thoroughly cooked now. **Tip:** *The potatoes are cooked when you can easily slip a knife through them.* Drain them and lightly crush them with a fork (don't mash them). Heat a medium-sized frying pan with a splash of **olive oil**. Add your lightly crushed **new potatoes** to the frying pan. Fry for 4 mins, until your potatoes start to crisp.

7 Your **butter bean stew** should be a lovely thick consistency now, without too much liquid remaining. Season with another pinch of **salt** and a few good grinds of **black pepper** to taste. Once the **pork** is out of your oven cut it into thin slices.

8 Finally, time to plate up! Serve your **pork** slices on top of your crushed **new potatoes** and roasted **red peppers**, top with your **butter bean stew**. Dig in!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!