



# Peri Peri Pork and Black Bean Stew with Garlic Ciabatta

Family 20 Minutes • Mild Spice • 2 of your 5 a day

11



-  Green Pepper
-  Pork Mince
-  Chorizo
-  Black Beans
-  Garlic Clove
-  Peri Peri Seasoning
-  Finely Chopped Tomatoes with Onion and Garlic
-  Red Wine Stock Paste
-  Ciabatta

**Pantry Items**  
Sugar, Olive Oil

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

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

## Ingredients

	2P	3P	4P
Green Pepper**	1	1	2
Pork Mince**	120g	240g	240g
Chorizo**	60g	90g	120g
Black Beans	1 carton	2 cartons	2 cartons
Garlic Clove**	2	3	4
Peri Peri Seasoning	1 pot	1 pot	2 pots
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml
Red Wine Stock Paste (14)	1 sachet	1 sachet	2 sachets
Ciabatta (13)	2	3	4
Olive Oil*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	607g	100g
Energy (kJ/kcal)	3107 /743	511/122
Fat (g)	30	5
Sat. Fat (g)	8	1
Carbohydrate (g)	80	13
Sugars (g)	20	3
Protein (g)	34	6
Salt (g)	6.64	1.14

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

13) Cereals containing gluten 14) Sulphites

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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## Roast the Peppers

- Preheat your oven to 220°C.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Pop the **peppers** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until soft and slightly charred, 10-12 mins.



## Simmer and Spice

- Once the **meat** has browned, stir in the **peri peri seasoning** and **half** the **garlic**. Cook for 1 min.
- Stir in the **chopped tomatoes, black beans, sugar** and **water for the sauce** (see ingredients for both amounts) and **red wine stock paste**, then bring to the boil.
- Simmer until the **sauce** has thickened slightly, 5-6 mins. **IMPORTANT: The mince is cooked when no longer pink in the middle.**
- Once cooked, stir the **roasted peppers** into the **sauce**.



## Fry the Pork

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
  - When the **oil** is hot, add the **pork mince** and **chorizo**. Cook until 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.**



## Bake the Ciabatta

- Meanwhile, in a small bowl, combine the remaining **garlic** with the **olive oil** (see ingredients for amount).
- Halve the **ciabattas** and lay them onto the (now empty) **pepper** baking tray, cut-side up.
- Spread over the **garlic oil**.
- Bake on the top shelf of your oven until golden, 5-6 mins.



## Finish the Prep

- Meanwhile, drain and rinse the **black beans** in a sieve.
- Peel and grate the **garlic** (or use a garlic press).



## Finish and Serve

- When the **stew** is ready, taste and add **salt, pepper** or **sugar** if needed.
- Add a splash of **water** if it's become a little thick.
- Serve your **pork and black bean stew** in bowls with the **garlic ciabatta** alongside.

## Enjoy!