












Peri Peri Pork and Blackbean Stew

with Garlicky Chorizo Ciabatta

Nº 21

RAPID 20 Minutes • Little Heat • 1.5 of your 5 a day



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

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Two Baking Trays, Frying Pan, Colander, Fine Grater (or Garlic Press) and Measuring Jug.

Ingredients

	2P	3P	4P
Green Pepper**	1	1	2
Pork Mince**	120g	240g	240g
Diced Chorizo 7)**	60g	90g	120g
Black Beans**	1 carton	2 cartons	2 cartons
Garlic Clove**	2 cloves	3 cloves	4 cloves
Peri Peri Seasoning	1 small pot	1 large pot	1 large pot
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Water for the Stew*	200ml	300ml	400ml
Red Wine Stock Pot 14)	1 pot	1 pot	2 pots
Olive Oil for the Ciabatta*	2 tbsp	3 tbsp	4 tbsp
Ciabatta 11) 13)	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	588g	100g
Energy (kJ/kcal)	3165 / 757	538 / 129
Fat (g)	30	5
Sat. Fat (g)	8	1
Carbohydrate (g)	74	13
Sugars (g)	21	4
Protein (g)	40	7
Salt (g)	6.92	1.18

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Roast the Peppers

a) Preheat your oven to 220°C. Halve the **pepper** and discard the core and seeds. Slice into thin strips.

b) Pop the **peppers** on a tray, drizzle with **oil**, season with **salt** and **pepper**. Toss to coat and spread out in a single layer.

c) Roast the **peppers** on the top shelf of the oven until charred and soft, 12-15 mins.

d) Once cooked, remove and set aside (but keep the tray).



4. Simmer!

a) Once the **meat** has browned, add the **peri peri seasoning** and **half** the **garlic**, stir and cook for 1 minute.

b) Pour in the **chopped tomatoes, black beans** and **water** (see ingredients for amount).

c) Stir in the **red wine stock pot** to dissolve. Add a pinch of **sugar** and bring to the boil.

d) Simmer until the **mixture** has reduced slightly, 5-6 mins.



2. Fry the Pork

a) Heat a drizzle of **oil** in a frying pan on high heat.

b) When the **oil** is hot, add the **pork mince** and **half** the **chorizo**. Cook until browned, 5-6 mins.

c) Use a wooden spoon to break it up as it cooks. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



5. Bake the Ciabatta

a) Meanwhile, mix the remaining **garlic** with the **olive oil** (see ingredients for amount) and remaining **chorizo**.

b) Halve the **ciabattas** (as if you were making a sandwich).

c) Pop the **ciabatta** on a baking tray cut side up.

d) Drizzle over the **garlicky chorizo oil** and use the back of a spoon to press the **chorizo** into the **ciabatta**.



3. Finish the Prep

a) Meanwhile, drain and rinse the **black beans** in a colander.

b) Peel and grate the **garlic** (or use a garlic press).



6. Finish and Serve

a) Stir the **roasted peppers** into the stew.

b) Taste and add **salt, pepper** and **sugar** if you feel it needs it.

c) Add a splash of **water** if it's a bit thick.

d) Serve in bowls with the **chorizo ciabatta** served alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.