



Peri Peri Pork and Blackbean Stew with Garlicky Chorizo Ciabatta

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

N° 13



Green Pepper



Pork Mince



Diced Chorizo



Black Beans



Garlic Clove



Peri Peri Seasoning



Finely Chopped
Tomatoes



Red Wine Stock Pot



Ciabatta

Before you start

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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Green Pepper**	1	1	2
Pork Mince**	120g	240g	240g
Diced Chorizo**	60g	90g	120
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	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 ingredient	588g	100g
Energy (kJ/kcal)	3167 / 757	538 / 129
Fat (g)	32	6
Sat. Fat (g)	9	2
Carbohydrate (g)	72	12
Sugars (g)	19	3
Protein (g)	38	6
Salt (g)	5.61	0.95

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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** on a tray, drizzle with **oil**, season with **salt** and **pepper**. Toss to coat and spread out in a single layer.
- Roast the **peppers** on the top shelf of the oven until charred and soft, 12-15 mins.
- Once cooked, remove and set aside (but keep the tray).



Simmer!

- Once the **meat** has browned, add the **peri peri seasoning** and **half** the **garlic**. Stir and cook for 1 minute.
- Pour in the **chopped tomatoes**, **black beans** and **water** (see ingredients for amount).
- Stir in the **red wine stock pot** to dissolve.
- Add a pinch of **sugar** and bring to the boil. Simmer until the mixture has reduced slightly, 5-6 mins.



Fry the Meat

- Heat a drizzle of **oil** in a frying pan on high heat.
- When the **oil** is hot, add the **pork mince** and **half** the **chorizo**.
- Cook until browned, 5-6 mins. 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.*



Bake the Ciabatta

- Meanwhile, mix the remaining **garlic** with the **olive oil** (see ingredients for amount) and remaining **chorizo**.
- Halve the **ciabattas** (as if you were making a sandwich).
- Pop the **ciabatta** on a baking tray cut side up.
- Drizzle over the **garlicky chorizo oil** and use the back of a spoon to press the **chorizo** into the **ciabatta**.
- Bake in your oven until golden brown, 3-5 mins.



Finish the Prep

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



Finish and Serve

- Stir the **roasted peppers** into the **stew**.
- Taste and add **salt**, **pepper** and **sugar** if you feel it needs it.
- Add a splash of **water** if it's a bit thick.
- Serve in bowls with the **chorizo ciabatta** served alongside.

Enjoy!