



Peri-Peri Pork and Black Bean Stew with Garlicky Chorizo Ciabatta

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

13



Green Pepper



Pork Mince



Diced Chorizo



Black Beans



Garlic Clove



Peri-Peri Seasoning



Finely Chopped
Tomatoes with
Onion and Garlic



Red Wine Stock Paste



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, 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**	60g	90g	120g
Black Beans	1 carton	2 cartons	2 cartons
Garlic Clove	2	3	4
Peri Peri Seasoning	1 small pot	1 large pot	1 large pot
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1 ½ cartons	2 cartons
Water for the Stew*	200ml	300ml	400ml
Red Wine Stock Paste 14)	1 sachet	1 sachet	2 sachets
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)	3153 / 754	536 / 128
Fat (g)	31	5
Sat. Fat (g)	8	1
Carbohydrate (g)	77	13
Sugars (g)	21	4
Protein (g)	35	6
Salt (g)	6.66	1.13

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

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

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



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** and 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 paste** 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, using a wooden spoon to break it up as it cooks, 5-6 mins.



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!