

Peri-Peri Pork and Black Bean Stew

with Garlicky Chorizo Ciabatta

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













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

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?

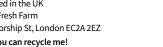
Head online or use our app to rate this recipe

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







Roast the Peppers

- a) Preheat your oven to 220°C.
- b) Halve the pepper and discard the core and seeds. Slice into thin strips.
- c) 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.
- d) Roast the peppers on the top shelf of the oven until charred and soft, 12-15 mins.
- e) Once cooked, remove and set aside (but keep the tray).



Fru the Meat

- 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.
- c) Cook until browned, using a wooden poon to break it up as it cooks, 5-6 mins.



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).



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). Stir in the red wine stock paste to dissolve.
- **d)** Add a pinch of **sugar** and bring to the boil.
- e) Simmer until the mixture has reduced slightly, 5-6 mins.



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.
- e) Bake in your oven until golden brown, 3-5 mins.



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!