



Peri Peri Pork and Black Bean Stew with Garlicky Chorizo Ciabatta

Rapid 20 Minutes • Medium Spice • 1 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:

Baking Tray, Frying Pan, Wooden Spoon, Colander, Garlic Press, Measuring Jug, Bowl.

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 pot	1 pot	1 pot
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ 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)	3152/753	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

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Packed in the UK

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 You can recycle me!



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 your oven until charred and soft, 12-15 mins. Once cooked, remove and set aside (but keep the tray).



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.

c) Add a pinch of **sugar** and bring to the boil. Simmer until the **mixture** has reduced slightly, 5-6 mins.



Fry the Meat

a) 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**.

b) 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

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

b) Halve the **ciabatta** (as if you were making a sandwich and pop them on a baking tray cut side up.

c) 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

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

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



Finish and Serve

a) Stir the **roasted peppers** into the **stew**. Taste and add **salt**, **pepper** and **sugar** if you feel it needs it.

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