



Pork Chilli and Bacon Cheesy Burritos

with a Zesty Avocado Black Bean Salad

Street Food 35 Minutes • Medium Spice • 2 of your 5 a day

29



Lime



Spring Onion



Black Beans



Cheddar Cheese



Garlic



Premium Tomatoes



Coriander



Cajun Spice



Chicken Stock Powder



Basmati Rice



Streaky Bacon



Pork Mince



Chipotle Paste



BBQ Sauce



Wholewheat Tortillas



Avocado

Before you start

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

Cooking tools, you will need:

Zester, Sieve, Grater, Garlic Press, Saucepan, Baking Tray, Aluminium Foil, Frying Pan and Bowl

Ingredients

	2P	3P	4P
Lime**	1	1	1
Spring Onion**	2	3	4
Black Beans	1 carton	1½ carton	2 cartons
Cheddar Cheese 7)**	60g	90g	120g
Garlic**	2 cloves	3 cloves	4 cloves
Premium Tomatoes	125g	250g	250g
Coriander**	1 bag	1 bag	1 bag
Cajun Spice	1 small pot	¾ large pot	1 large pot
Water for the Rice*	300ml	450ml	600ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Basmati Rice	1 pack	1 pack	2 packs
Streaky Bacon**	8 rashers	12 rashers	16 rashers
Pork Mince**	120g	240g	240g
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Water for Chilli*	75ml	125ml	150ml
BBQ Sauce 13)	1	1½	2
Avocado**	1	2	2
Wholewheat Tortillas 13)	4	6	8

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving 660g	Per 100g 100 g
Energy (kJ/kcal)	5243 /1253	794 /190
Fat (g)	55	8
Sat. Fat (g)	20	3
Carbohydrate (g)	130	20
Sugars (g)	12	2
Protein (g)	53	8
Salt (g)	6.05	0.92

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

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.

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Get Prepped

Zest and halve the **lime** and cut into **wedges**. Trim and thinly slice the **spring onions**. Drain and rinse the **black beans** in a sieve. Grate the **cheese**. Peel and grate the **garlic** (or use a garlic press). Quarter the **tomatoes**. Roughly chop the **coriander** (stalks and all). Heat a drizzle of **oil** in a saucepan over medium heat. Once hot, add **half the spring onion**, **half the garlic**, the **Cajun spice** and cook, stirring, for 1 min. **TIP:** Add less spice if you don't like too much heat.



Add the Flavour

Add the remaining **garlic** and **chipotle paste** and cook, stirring, for 1 min. Add the **water** (see ingredients for amount), **half the black beans** and the **bbq sauce**, season with **salt** and **pepper** and stir until well combined. Simmer until thickened, 5-6 mins. Once the **rice** is cooked, carefully fluff it up with a fork and stir through the **lime zest** and **half the coriander**. Put the **tortillas** onto a baking tray then pop into the oven for 2-3mins to warm through.



Cook the Rice

Preheat your oven to 200°C. Pour the **water** for the rice (see ingredients for amount) into the saucepan and bring to the boil. When boiling, add the **stock powder**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Make the Salad

Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh into a bowl and chop into small pieces. Pop into a bowl and mix with the remaining **black beans**, the **tomatoes**, the remaining **spring onion**, the remaining **coriander** and a squeeze of **lime juice**. Add a drizzle of **olive oil** then season with **salt** and **pepper** and set aside.



Make the Chilli

Line a baking tray with foil, lay the **bacon** on it and bake until golden and crispy, 10-12 mins. Heat a drizzle of **oil** in a frying pan on high heat. When the **oil** is hot, add the **pork mince** and 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. Cook the **bacon** throughout.



Serve

Reheat the **chilli** if you need to. To assemble, lay a **warmed tortilla wrap** in the middle of a wide piece of foil. Divide some of **rice** between them in a line down the middle, divide the **pork mixture** and **cheese** between them then top each with a piece of **bacon**. Wrap them tightly up in the foil. Alternatively you can serve these as **wraps** without the foil if you prefer. Serve with any remaining **rice** on the side with the **avocado salad** alongside.

Enjoy!