



# Pork Chilli and Rice Burrito Bowl

with Tomato Salsa, Creme Fraiche and Cheese

Family 20 Minutes • Mild Spice • 1 of your 5 a day

11



Basmati Rice



Garlic Clove



Pork Mince



Central American  
Style Spice Mix



Tomato Passata



Chicken Stock Paste



Baby Plum Tomatoes



Chives



Red Chilli



Mature Cheddar Cheese



Creme Fraiche

**Pantry Items**

Water, Olive Oil

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, lid, sieve, garlic press, frying pan, bowl and grater.

## Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Pork Mince**	240g	360g	480g
Central American Style Spice Mix	1 sachet	2 sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Sauce*	150ml	225ml	300ml
Chicken Stock Paste	10g	15g	20g
Baby Plum Tomatoes	125g	250g	250g
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Chives**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	1	1
Mature Cheddar Cheese** 7)	30g	45g	60g
Crema Fraiche** 7)	75g	150g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	435g	100g
Energy (kJ/kcal)	3271/782	752/180
Fat (g)	40	9
Sat. Fat (g)	18	4
Carbohydrate (g)	71	16
Sugars (g)	9	2
Protein (g)	35	8
Salt (g)	2.14	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Cook the Rice

**a)** Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **rice**.

**b)** When boiling, add the **rice** and cook for 10-12 mins.

**c)** Drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.



## Make the Salsa

**a)** Meanwhile, halve the **baby plum tomatoes**. Pop them into a bowl with the **olive oil** (see ingredients for amount).

**b)** Roughly chop the **chives**, then add **half** to the bowl with the **tomatoes**.

**c)** Season with **salt** and **pepper**, mix and set aside.

**d)** Thinly slice the **chilli**.



## Fry Time

**a)** Meanwhile, peel and grate the **garlic** (or use a garlic press).

**b)** Heat a drizzle of **oil** in a large frying pan on medium-high heat.

**c)** When the **oil** is hot, add the **pork mince** and cook until browned, 4-5 mins. Use a wooden spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*

**d)** Drain and discard any excess fat from the **mince**, then season with **salt** and **pepper**.



## Finish Up

**a)** Grate the **Cheddar cheese**.

**b)** Have a quick tidy while everything finishes.



## Add the Flavour

**a)** Add the **garlic** and **Central American style spice mix**. Stir-fry until fragrant, 30 secs.

**b)** Add the **passata**, **water for the sauce** (see ingredients for amount), **chicken stock paste** and a pinch of **sugar** (if you have any).

**c)** Stir and bring to the boil. Then, reduce the heat and simmer until the **sauce** has thickened, 10-12 mins, stirring occasionally. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*

**d)** Season with **salt** and **pepper**, then remove from the heat.



## Serve

**a)** When everything is ready, divide the **rice** between your serving bowls and top with the **pork chilli**.

**b)** Spoon over the **tomato salsa** and scatter with **cheese**. over one-third of the **burrrito** bowl. Finish with a dollop of **crema fraiche**.

**c)** Garnish with the remaining **chives** and the **chilli** (for any adults who would like a little more heat).

Enjoy!