



Pork Feijoada

with Basmati Rice



HELLO COOKBOOK

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Basmati Rice



Pork Mince



Diced Chorizo



Green Beans



Coriander



Black Turtle Beans



Feijoada Paste



Bolognese Garnish



Finely Chopped Tomatoes with Garlic & Onion

MEAL BAG

20 mins

3 of your 5 a day

Medium heat

Rapid recipe

Feijoada is a meaty version of the Brazilian staple dish of cooked black beans, feijão, incorporating chorizo and pork mince to create a beautifully rich flavour. Traditionally prepared over a low heat in a thick clay pot and simmered for an hour, tonight's recipe will prove that you can create the same depth of flavour in double quick time. 20 minute recipes don't get more delicious than this one!

GET PREPARED!

Get your **Utensils** ready.

BEFORE YOU START

🔪 Get your **Utensils** ready. 🧼 **Wash** the veggies. 🍴 Make sure you've got two **Large Saucepan** (with a **Lid**), **Sieve**, **Frying Pan** (with a **Lid**) and **Measuring Jug**. Let's start cooking the **Pork Feijoada with Basmati Rice**.



1 COOK THE RICE

- Bring a large saucepan of water, with a pinch of salt, to the boil for the rice.
- When boiling, add the **rice** and cook for 10-12 mins, then drain in a sieve and return to the pan, with the lid on, off the heat.



2 START THE PORK

- Heat a frying pan on medium-high heat.
- Add the **pork mince** and **diced chorizo** (no oil!).
- Cook until browned, 5 mins. Break the **pork** up with a wooden spoon as it cooks.



3 PREP THE VEGGIES

- Meanwhile, trim the **green beans** and chop into thirds.
- Roughly chop the **coriander** (stalks and all).
- Drain and rinse the **black beans** in the sieve.



4 ADD THE BEANS

- Lower the heat to medium.
- Once the **pork** has browned, add the **green beans**, **feijoada paste** and **bolognese garnish** to the pan.
- Stir and cook for 3 mins.



5 SIMMER THE FEIJOADA

- Add the **water** (see ingredients for amount), **finely chopped tomatoes** and **black beans**, stir and bring to the boil.
- Cover with a lid and simmer until thickened, 7 mins.



6 SERVE

- Serve the **rice** topped with the **pork feijoada** and a sprinkling of **coriander**.

ENJOY!

2 PEOPLE INGREDIENTS

Basmati Rice	1 pack
Pork Mince	250g
Diced Chorizo ⁷⁾	1 pack
Green Beans, chopped	1 pack
Coriander, chopped	1 small bunch
Black Turtle Beans	1 tin
Feijoada Paste ^{11) 13)}	25g
Bolognese Garnish	10g
Water*	50ml
Finely Chopped Tomatoes with Garlic & Onion	1 carton

*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 643G	PER 100G
Energy (kcal)	817	127
(kJ)	3416	532
Fat (g)	28	4
Sat. Fat (g)	7	1
Carbohydrate (g)	86	13
Sugars (g)	15	2
Protein (g)	48	8
Salt (g)	5.56	0.87

ALLERGENS

⁷⁾ Milk ¹¹⁾ Soya ¹³⁾ Gluten

Feijoada Paste: Black Bean Puree [Contains **Soybeans**, Salt, **Wheat** Flour (Contains: Calcium Carbonate, Iron, Nicotinamide, Vitamin B1), Sugar], Yeast Extract, **Soy** Sauce (Contains: Water, **Soybeans**, **Wheat**, Salt), Salt, Water.

Bolognese Garnish: Kibbled Onion, Carrot Flakes, Tomato Flakes, Roasted Garlic Granules, Cracked Black Pepper, Oregano Leaves, Rubbed Thyme.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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