



Cooking Made Easy

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Paprika Pork with Crushed New Potatoes and Butter Bean Stew

A combination of Spanish delights. A very simple Spanish butter bean stew using fresh, seasonal tomatoes, rich in flavour and colour. A great little dish on it's own! It's difficult to go into a tapas bar and not find this on the menu. And of course, a traditional combination of paprika and pork that will send wonderful, zingy notes to your taste buds. It will be as if your holiday to Spain came early this year!



45 min



lactose free



gluten free



healthy



Onion



Vine Tomato



Organic Butter Beans



Chicken Stock Pot



Bay Leaf



New Potatoes



Red Pepper



Pork Fillet



Smoked Paprika

Ingredients

	2P	4P
Onion, sliced	½	1
Vine Tomato, chopped	2	4
Organic Butter Beans	1 tin	2 tins
Chicken Stock Pot	1	2
Bay Leaf	2	4
New Potatoes	1 pack	2 packs
Red Pepper, sliced	1	2
Pork Fillet	1	1
Smoked Paprika	1 tbsp	2 tbsp

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

N/A

Nutrition per serving: Calories: 564 kcal | Protein: 46 g | Carbs: 71 g | Fat: 10 g | Saturated Fat: 3 g

3



1 Pre-heat the oven to 200 degrees.

4



2 Start with the butter bean stew by peeling and cutting the onion in half and finely slicing it. Chop the tomatoes into eighths and heat a medium-sized saucepan with 1 tbsp of olive oil in. Once warm, add the onions. Fry for 5 mins until they become soft, transparent and begin to colour.

5



3 Add the tomatoes to the saucepan and cook for a further 2 mins. Drain the butter beans and add them to the tomatoes, followed by the chicken stock pot and bay leaves. Place a lid on the saucepan and leave to simmer for 30 mins, stirring occasionally to ensure it isn't catching on the bottom or becoming too dry. **Tip:** *If it does start to become dry, just add a splash of water.*

6



4 Boil a pot of water with ¼ tsp salt and add the new potatoes. Cook for 15 mins. Meanwhile slice the pepper into thick strips about 2cm wide. Place these on a baking tray.

5 Season the pork fillet with ½ tsp salt and rub the smoked paprika all over the meat. Place this on top of the bed of peppers and generously drizzle with 1 tbsp oil before putting it on the top shelf of the oven for 15 mins.

6 The new potatoes should be thoroughly cooked now. **Tip:** *The potatoes are cooked when you can easily slip a knife through them.* Drain them and lightly crush them with a fork. Heat a medium-sized frying pan with 1 tbsp olive oil. Add the slightly crushed new potatoes to the frying pan. Fry for 4 mins, until the potatoes start to crisp.

7 The butter bean stew should be a lovely thick consistency now, without too much liquid remaining. Season with ¼ tsp salt and a few good grinds of black pepper. Once the pork is out of the oven cut it into eight thin slices.

8 Finally, time to plate up! Serve the pork slices on top of the crushed new potatoes and roasted red peppers, top with the butter bean stew. Dig in!