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## Jerk Pork with Coconut Tomato Rice and Beans

There is nothing better than an incredible street food stall and London is full of them. Everywhere you go there are amazing foods from all over the world and Caribbean food is one of our chef Mimi's firm favourites (along with every other cuisine!). She sampled some pretty incredible jerk pork the other day which inspired her to create this delicious recipe. The jerk sauce adds a bit of a kick to the pork and the coconut milk adds a creaminess to the rice... Yum!



40 mins



spicy



lactose free



gluten free



Pork Fillet



Jerk Sauce



Onion



Garlic Clove



Red Pepper



Vine Tomato



Chilli Flakes



Basmati Rice



Coconut Milk



Organic Black Beans

## Ingredients

	2P	4P
Pork Fillet	250g	500g
Jerk Sauce <b>1</b>	1 tbsp	2 tbsp
Onion, chopped	1	2
Garlic Clove, chopped	2	4
Red Pepper, sliced	1	2
Vine Tomato, chopped	2	4
Chilli Flakes	¼ tsp	½ tsp
Basmati Rice	1 cup	2 cups
Coconut Milk	200ml	400ml
Organic Black Beans	1 tin	2 tins

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

## Allergens

1) Sulphites

**Nutrition per serving:** Calories: 873 kcal | Protein: 51 g | Carbs: 105 g | Fat: 27 g | Saturated Fat: 19 g



**1** Cut your pork fillet into 2cm steaks and pop them in a bowl. Mix your jerk sauce with 2 tbsp of water and pour this over your pork. Mix it together making sure your meat has a good coating and leave to marinate while you get on with the rice and beans. **Tip:** *If you have time you might like to marinate the meat for a few hours (or even overnight) for extra deliciousness!*



**2** Peel and chop your onion into smallish 1cm pieces. Peel and finely chop your garlic. Remove the core from your pepper and thinly slice it into strips about 1cm wide. Chop each of your tomatoes into roughly sixteen pieces.



**3** Put 1 tbsp of oil in a saucepan on a medium heat and add your onion. Cook for 4 mins and then add the garlic, red pepper, tomatoes and your chilli flakes. **Tip:** *If you don't like spice, go easy on the chilli flakes!* Cook together for another 2 mins.



**4** Stir the rice into the pan along with 200ml of water, your coconut milk, ¼ tsp of salt and a good grind of pepper, and bring to the

boil. Drain and rinse your black beans in a sieve and once the mixture is boiling add them to the pan. Lower the heat slightly, cover and simmer for 10 mins.

**5** While the rice is cooking, give the kitchen a quick tidy. Once the rice has been cooking for 10 mins, take the pan off the heat and leave it for another 10 mins to rest off the heat. **Tip:** *Don't peek under the lid until the whole 20 mins is up!* The mixture should be creamy due to the coconut milk.

**6** While the rice is resting you can make a start on your pork. Put 1 tbsp of oil in a frying pan on a medium heat and add your pork steaks. Fry them for 3 mins on each side until cooked through and browned on each side. **Tip:** *If your pan isn't big enough simply fry them in batches as you don't want your pan overcrowded.* Set aside the cooked pork to rest on a plate and cover with tin foil.

**7** When everything is cooked, serve your rice in bowls with your pork laid on top and drizzle over any juices left in the pan... enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!