



Caribbean Style BBQ Pork Loaded Wedges with Pepper, Onion and Cheese

10

Family 30-35 Minutes • Mild Spice • 1 of your 5 a day



Potatoes



Bell Pepper



Pork Mince



Mature Cheddar
Cheese



BBQ Sauce



Beef Mince



Smoked Paprika



Red Onion



Garlic Clove



Caribbean Style
Jerk



Burger Sauce

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Baking tray, garlic press, frying pan and grater.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------|----------|----------|-----------|
| Potatoes | 450g | 700g | 900g |
| Smoked Paprika | 1 sachet | 1 sachet | 2 sachets |
| Bell Pepper*** | 1 | 2 | 2 |
| Red Onion** | 1 | 1 | 2 |
| Pork Mince** | 240g | 360g | 480g |
| Garlic Clove** | 2 | 3 | 4 |
| Mature Cheddar Cheese** 7) | 40g | 60g | 80g |
| Caribbean Style Jerk 9) | 1 sachet | 1 sachet | 2 sachets |
| BBQ Sauce | 48g | 80g | 96g |
| Burger Sauce 8) 9) | 45g | 60g | 90g |
| Beef Mince** | 240g | 360g | 480g |

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

| Typical Values | Custom Recipe | | | |
|-------------------------|---------------|----------|-------------|----------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 556g | 100g | 556g | 100g |
| Energy (kJ/kcal) | 3201/765 | 576/138 | 2975/711 | 535/128 |
| Fat (g) | 42.6 | 7.7 | 36.0 | 6.5 |
| Sat. Fat (g) | 14.9 | 2.7 | 13.6 | 2.4 |
| Carbohydrate (g) | 64.3 | 11.6 | 64.1 | 11.5 |
| Sugars (g) | 15.5 | 2.8 | 15.3 | 2.8 |
| Protein (g) | 35.7 | 6.4 | 39.0 | 7.0 |
| Salt (g) | 1.83 | 0.33 | 1.87 | 0.34 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 9) Mustard

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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Get your Wedges In

Preheat your oven to 220°C/200°C fan/gas mark 7.
Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, sprinkle over the **smoked paprika**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 30-40 mins. Turn halfway through.



Cheese Please

Meanwhile, grate the **cheese**.

When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.

IMPORTANT: The mince is cooked when no longer pink in the middle.



Prep the Veg

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Halve, peel and thinly slice the **red onion**.

Peel and grate the **garlic** (or use a garlic press).



Get Saucy

Add the **garlic** and **Caribbean style jerk** to the **mince** and fry until fragrant, 1 min.

Stir the **BBQ sauce** through the **mince** until thickened and warmed through, 1-2 mins.

Taste and season with **salt** and **pepper** if needed.



Fry Time

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **sliced pepper, onion** and **pork mince**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break it up as it cooks.

IMPORTANT: Wash your hands and equipment after handling raw mince.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Assemble and Serve

When everything's ready, share the **wedges** between your bowls and top with the **BBQ pork**.

Sprinkle over the **grated cheese**.

Spoon over the **burger sauce** to finish - **wedges** loaded!

Enjoy!