



# Caribbean Spiced BBQ Pork Fried Rice with Sweetcorn and Spinach

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

11



Basmati Rice



Garlic Clove



Sweetcorn



Lime



Pork Mince



Caribbean Style Jerk



Sun-Dried Tomato Paste



Chicken Stock Paste



Baby Spinach



BBQ Sauce



Beef Mince

### Pantry Items

Oil, Salt, Pepper, Honey, Butter

### 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

Kettle, saucepan, sieve, lid, garlic press, fine grater and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Sweetcorn	150g	225g	300g
Lime**	1	1	1
Pork Mince**	240g	360g	480g
Caribbean Style Jerk <sup>9)</sup>	2 sachets	2 sachets	4 sachets
Sun-Dried Tomato Paste	25g	38g	50g
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	80g	100g
BBQ Sauce	48g	80g	96g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Pork*	100ml	150ml	200ml
Butter*	20g	30g	40g

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	399g	100g	399g	100g
Energy (kJ/kcal)	3588 / 858	899 / 215	3362 / 804	843 / 201
Fat (g)	38.5	9.7	31.9	8.0
Sat. Fat (g)	15.7	3.9	14.5	3.6
Carbohydrate (g)	98.9	24.8	98.6	24.7
Sugars (g)	17.9	4.5	17.7	4.4
Protein (g)	34.3	8.6	37.6	9.4
Salt (g)	3.13	0.78	3.17	0.8

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

## Allergens

### 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 the Rice On

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with  $\frac{1}{4}$   **tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve, then pop it on top of the pan and allow to steam until ready to serve.



## Prep the Veg

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Drain the **sweetcorn** in a sieve.
- Zest and cut the **lime** into wedges.



## Fry the Pork

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

## CUSTOM RECIPE

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



## Add the Flavours

- Once the **mince** has browned, add the **sweetcorn**, **garlic** and **Caribbean style jerk** seasoning to the pan. Cook until fragrant, 1 min.
- Stir in the **sun-dried tomato paste**, **chicken stock paste**, **honey** and **water for the pork** (see pantry for both amounts).
- Bring to the boil, then lower the heat and simmer for 1-2 mins. Add the **spinach** to the pan a handful at a time until wilted, 1-2 mins.



## Mix it Up

- Stir through the **butter** (see pantry for amount). Once melted, add the **cooked rice**. Mix together and stir-fry until piping hot, 1-2 mins.
- Add the **lime zest**, **BBQ sauce** and a squeeze of **lime** from a **lime wedge** into the pan.
- Taste and season with **salt**, **pepper** or more **lime juice** if needed. Add a splash of **water** if it's a little dry.



## Finish and Serve

- When ready, share the **BBQ Caribbean style fried rice** between your bowls.
- Serve with any remaining **lime wedges** for squeezing over.

## Enjoy!