



Cajun Pork on Parsley Bulgur with Green Pepper and Carrot

27

Calorie Smart 25-30 Minutes • **Very Hot** • 1 of your 5 a day • Under 650 Calories



Carrot



Green Pepper



Garlic Clove



Chicken Stock Paste



Bulgur Wheat



Pork Mince



Cajun Spice Mix



Tomato Puree



Sun-Dried Tomato Paste



Flat Leaf Parsley



Beef Mince

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

Grater, garlic press, frying pan, saucepan and lid.

Ingredients

Ingredients	2P	3P	4P
Carrot**	1	1	2
Green Pepper**	1	2	2
Garlic Clove**	3	5	6
Chicken Stock Paste	20g	30g	40g
Bulgur Wheat 13)	120g	180g	240g
Pork Mince**	240g	360g	480g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Sun-Dried Tomato Paste	25g	38g	50g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Water for the Bulgur*	240ml	360ml	480ml
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	351g	100g	351g	100g
Energy (kJ/kcal)	2691 /643	766 /183	2465 /589	702 /168
Fat (g)	30.4	8.6	23.8	6.8
Sat. Fat (g)	10.4	3.0	9.1	2.6
Carbohydrate (g)	62.0	17.6	61.7	17.6
Sugars (g)	10.6	3.0	10.3	2.9
Protein (g)	34.0	9.7	37.2	10.6
Salt (g)	2.80	0.80	2.85	0.81

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

Point** values based on low-cal cooking spray oil.

Allergens

13) Cereals containing gluten

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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1 Char the Peppers

Trim the **carrot**, then coarsely grate (no need to peel). Halve the **green pepper** and discard the core and seeds. Chop into 1cm chunks. Peel and grate the **garlic** (or use a garlic press).

Heat a large frying pan on high heat (no oil).

Once hot, add the **pepper chunks** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **pepper** to pick up some nice colour.



4 Spicy Sauce Time

Add the remaining **garlic**, the **Cajun spice mix** and **tomato puree** to the **pork** (add less **Cajun spice mix** if you'd prefer things milder). Stir-fry for 30 secs.

Next, stir the remaining **chicken stock paste**, **sun-dried tomato paste** and **water for the sauce** (see pantry for amount) into the **pork**.

Bring to the boil, then reduce the heat slightly and simmer until the **sauce** has thickened, 2-3 mins.



2 Cook the Bulgur

Meanwhile, heat a drizzle of **oil** in a medium saucepan on medium-high heat.

Once hot, add **half** the **garlic** and cook for 1 min. Add the **water for the bulgur** (see pantry for amount) and **half** the **chicken stock paste** and bring to the boil.

Stir in the **bulgur**, bring back up to the boil and simmer for 1 min. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



5 Add the Parsley

Meanwhile, roughly chop the **parsley** (stalks and all).

Stir **half** the **parsley** through the **cooked bulgur**.

Taste the **Cajun pork** and season with **salt** and **pepper** if needed.



3 Fry the Mince and Veg

Add the **pork mince** and **grated carrot** to the **charred pepper**. Fry until the **mince** has browned and the **carrot** has softened, 5-6 mins.

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

Use a spoon to break it the **mince** as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** The mince is 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.



6 Serve Up

Share the **parsley bulgur** between your bowls and top with the **Cajun pork**.

Finish with a scattering of the remaining **parsley**.

Enjoy!