

BBQ Pork and Pepper Stew

with Rice and Cheese



20 Minutes · Mild Spice · 2 of your 5 a day







Basmati Rice

Green Pepper







Pork Mince

Central American Style Spice Mix





Garlic Clove

Mature Cheddar Cheese









Chicken Stock



BBQ Sauce



Pantry Items

Oil, Salt, Pepper, Sugar

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, frying pan, garlic press and

Ingredients

Ingredients	2P	3P	4P			
Basmati Rice	150g	225g	300g			
Green Pepper**	1	11/2	2			
Pork Mince**	240g	360g	480g			
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets			
Garlic Clove**	2	3	4			
Mature Cheddar Cheese** 7)	40g	60g	80g			
Tomato Passata	1 carton	1½ cartons	2 cartons			
Chicken Stock Paste	10g	15g	20g			
BBQ Sauce	32g	48g	64g			
Beef Mince**	240g	360g	480g			
Pantry	2P	3P	4P			
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp			
Water for the Sauce*	100ml	150ml	200ml			
*Not Included **Store in the Fridge						

Nutrition						
NUCLICION			Custom Recipe			
Typical Values	Per	Per	Per	Per		
	serving	100g	serving	100g		
for uncooked ingredient	417g	100g	417g	100g		
Energy (kJ/kcal)	3288 /786	789 /189	3062 /732	735/176		
Fat (g)	35.2	8.4	28.6	6.9		
Sat. Fat (g)	14.5	3.5	13.2	3.2		
Carbohydrate (g)	83.7	20.1	83.5	20.0		
Sugars (g)	13.2	3.2	12.9	3.1		
Protein (g)	38.2	9.2	41.4	9.9		
Salt (g)	2.61	0.63	2.65	0.64		

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

Allergens

7) Milk

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.

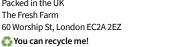
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Get Started

- a) Boil a half-full kettle.
- b) Pour the boiled water into a large saucepan with 1/4 tsp salt on high heat. Add the rice and cook for 10-12 mins.
- c) Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Fry the Mince and Pepper

- a) Meanwhile, halve the green pepper and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces.
- **b)** Heat a large frying pan on medium-high heat with a drizzle of oil.
- c) Once hot, add the pork mince, Central American style spice mix and chopped pepper. 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.



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



Grate Stuff

- a) While the mince cooks, peel and grate the garlic (or use a garlic press).
- b) Grate the Cheddar cheese.
- c) Once 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.



Stew Time

- a) Add the garlic to the mince and cook for 1 min more.
- b) Stir through the passata, chicken stock paste, sugar and water for the sauce (see pantry for both amounts).
- c) Simmer until the sauce has thickened slightly, 3-4 mins.



Flavour Town

- a) Stir the BBQ sauce through the mince and cook until thickened and warmed through, 1-2 mins.
- b) Taste and season with salt and pepper if you feel it needs it. Add a splash of water if it's a little too thick.
- c) Fluff up the rice with a fork.



Serve Up

- a) When everything's ready, share the rice between your serving bowls.
- b) Top with the BBQ pork stew.
- c) Scatter over the cheese to finish.

Enjoy!