



# Peri Peri Pork and Black Bean Stew with Garlic Ciabatta

**Quick** 20 Minutes • Mild Spice • 4 of your 5 a day

13



Green Pepper



Pork Mince



Diced Chorizo



Black Beans



Garlic Clove



Peri Peri Seasoning



Finely Chopped  
Tomatoes with  
Onion and Garlic



Red Wine  
Stock Paste



Ciabatta



Beef Mince

#### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

#### 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. Ingredients in red are hot!

## Cooking tools

Baking tray, frying pan, sieve and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Green Pepper**	1	1	2
Pork Mince**	120g	240g	240g
Diced Chorizo**	60g	90g	120g
Black Beans	1 carton	2 cartons	2 cartons
Garlic Clove**	2	3	4
Peri Peri Seasoning	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14</b>	28g	28g	56g
Ciabatta <b>13</b>	1	2	2
Beef Mince**	240g	360g	480g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml
Olive Oil for the Garlic Bread*	2 tbsp	3 tbsp	4 tbsp

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	542g	100g	602g	100g
Energy (kJ/kcal)	2975 /711	549 /131	3427 /819	570 /136
Fat (g)	35.6	6.6	42.1	7.0
Sat. Fat (g)	10.7	2.0	14.2	2.4
Carbohydrate (g)	60.0	11.1	60.0	10.0
Sugars (g)	20.4	3.8	20.3	3.4
Protein (g)	35.2	6.5	50.0	8.3
Salt (g)	6.65	1.23	6.79	1.13

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

## Allergens

**13**) Cereals containing gluten **14**) Sulphites

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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## Roast the Peppers

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve the **green pepper** and discard the core and seeds. Slice into thin strips.
- Pop the **sliced pepper** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until soft and slightly charred, 10-12 mins.



## Simmer and Spice the Stew

- Once the **mince** has browned, stir in the **peri peri seasoning** and **half** the **garlic**. Cook for 1 min.
- Stir in the **chopped tomatoes, black beans, red wine stock paste, sugar** and **water for the sauce** (see pantry for both amounts), then bring to the boil.
- Simmer until the **sauce** has thickened slightly, 5-6 mins. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*
- Once cooked, stir the **roasted peppers** into the **sauce**.



## Get Frying

- Meanwhile, heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince** and **diced chorizo**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*
- Cook until browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks.

## CUSTOM RECIPE

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



## Garlic Ciabatta Time

- Meanwhile, halve the **ciabatta** and lay onto the (now empty) **pepper** baking tray, cut-side up.
- Spread over the remaining **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount).
- Bake on the top shelf of your oven until golden, 5-6 mins.
- Once golden, slice the **ciabatta** into triangles, ready for serving.



## Finish the Prep

- Meanwhile, drain and rinse the **black beans** in a sieve.
- Peel and grate the **garlic** (or use a garlic press).



## Season and Serve

- When the **stew** is ready, taste and season with **salt, pepper** and a pinch of **sugar** (if needed).
- Add a splash of **water** if it's a little too thick.
- Serve your **peri peri stew** in bowls with the **garlic ciabatta** alongside.

## Enjoy!