



# Harissa Pork Pilaf with Bell Pepper and Peas

**Quick** 20 Minutes • **Medium Spice** • 1 of your 5 a day

14



Garlic Clove



Bell Pepper



Basmati Rice



Pork Mince



Harissa Paste



Chicken Stock Paste



Peas



Sun-Dried Tomato Paste



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. Ingredients in red are hot!

## Cooking tools

Kettle, garlic press, saucepan, sieve and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Bell Pepper***	1	1.5	2
Basmati Rice	150g	225g	300g
Pork Mince**	240g	360g	480g
Harissa Paste <b>14)</b>	50g	75g	100g
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Sun-Dried Tomato Paste	25g	37g	50g
<b>Beef Mince**</b>	<b>240g</b>	<b>360g</b>	<b>480g</b>
Pantry	2P	3P	4P
Water for the Pork*	100ml	150ml	200ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g

\*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	385g	100g	385g	100g
Energy (kJ/kcal)	3621 /866	941 /225	3396 /812	882 /211
Fat (g)	44.8	11.6	38.2	9.9
Sat. Fat (g)	15.8	4.1	14.5	3.8
Carbohydrate (g)	82.0	21.3	81.8	21.2
Sugars (g)	16.4	4.3	16.2	4.2
Protein (g)	35.0	9.1	38.3	9.9
Salt (g)	2.11	0.55	2.15	0.56

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

## Allergens

### 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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## Get Prepped

- Boil a half-full kettle.
- Peel and grate the **garlic** (or use a garlic press). Halve the **bell pepper** and discard the core and seeds. Chop into 3cm chunks.
- Pour the **boiled water** from your kettle 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.



## Peas Please

- Stir the **peas, honey** and **butter** (see pantry for both amounts) through the **cooked rice** until piping hot and melted, 1 min.



## Fry the Pork

- Heat a frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince** and **pepper chunks** and fry until browned, 5-6 mins. Use a spoon to break up the **mince** as, 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.



## Combine your Pilaf

- Add the **cooked rice** and **sun-dried tomato paste** to your pan of **spicy mince** and stir to combine.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry.



## Add the Flavour

- Once the **mince** has browned, add the **garlic** and **harissa paste** (add less if you'd prefer things milder) to the pan. Cook until fragrant, 30 secs.
- Stir in the **chicken stock paste** and **water for the pork** (see pantry for amount).
- Bring to the boil, then lower the heat and simmer for 1-2 mins.



## Serve

- When ready, share the **pork pilaf** between your bowls.

## Enjoy!