



Super Quick Greek Inspired Pork Stew

with Olives and Greek Salad Cheese

Super Quick 10-15 Minutes

44



Pork Mince



Dried Oregano



Basmati Rice



Tomato Puree



Chicken Stock Paste



Baby Spinach



Italian Olives



Greek Style Salad Cheese



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, frying pan and saucepan.

Ingredients

Ingredients	2P	3P	4P
Pork Mince**	240g	360g	480g
Dried Oregano	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Tomato Puree	60g	90g	120g
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Italian Olives	30g	45g	60g
Greek Style Salad Cheese** 7)	50g	100g	100g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
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	383g	100g	383g	100g
Energy (kJ/kcal)	3451 / 825	901 / 215	3225 / 771	842 / 201
Fat (g)	44.3	11.6	37.7	9.8
Sat. Fat (g)	19.3	5.0	18.0	4.7
Carbohydrate (g)	70.9	18.5	70.6	18.4
Sugars (g)	11.5	3.0	11.2	2.9
Protein (g)	36.0	9.4	39.2	10.2
Salt (g)	2.67	0.70	2.71	0.71

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.

Contact

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1



Get Started

- Boil a half-full kettle.
- Meanwhile, pop a frying pan on medium-high heat (no oil).
- Once hot, fry the **pork mince** and **dried oregano**, 5-6 mins. Break up the **mince** as it cooks.
- Next, pour the **boiled water** into a saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Boil the **rice**, 10-12 mins.

CUSTOM RECIPE

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

3



Finish Up

- Add the **spinach** to the **stew** in handfuls, making sure it's piping hot, 1-2 mins.
- Remove from the heat. Stir in the **olives** and **butter** (see pantry for amount).
- Taste and season with **salt** and **pepper**. Add a splash of **water** if needed.

2



Sauce Time

- Drain the fat from the **pork**. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.
- Next, add the **tomato puree**. Fry, 1 min.
- Stir through the **chicken stock paste**, **water** and **honey** (see pantry for both). Simmer, 4-5 mins.
- Once the **rice** is cooked, drain, pop back in the pan and cover.

4



Dinner's Ready!

- Share the **rice** between your bowls.
- Spoon over your **pork stew**.
- Crumble over the **Greek style salad cheese**.

Enjoy!