



Super Quick Peri Peri Rice Bowl with Mixed Beans and Cheddar Cheese

Super Quick 10-15 Minutes • 1 of your 5 a day

44



Mature Cheddar Cheese



Basmati Rice



Pork Mince



Tomato Puree



Peri Peri Seasoning



Chicken Stock Paste



Black Beans



Mango Chutney



Beef Mince

Pantry Items

Oil, Salt, Pepper, 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, grater, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Mature Cheddar Cheese** 7)	40g	70g	80g
Basmati Rice	150g	225g	300g
Pork Mince**	240g	360g	480g
Tomato Puree	30g	45g	60g
Peri Peri Seasoning	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Black Beans	1 carton	1 carton	2 cartons
Mango Chutney	40g	60g	80g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
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	384g	100g	384g	100g
Energy (kJ/kcal)	3871 / 925	1009 / 241	3645 / 871	950 / 227
Fat (g)	43.9	11.4	37.3	9.7
Sat. Fat (g)	19.9	5.2	18.6	4.8
Carbohydrate (g)	86.5	22.5	86.3	22.5
Sugars (g)	14.2	3.7	14.0	3.6
Protein (g)	44.7	11.7	48.0	12.5
Salt (g)	2.87	0.75	2.92	0.76

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



Quick Prep

- Boil a half-full kettle.
- Grate the **cheese**.
- Once boiled, pour the **water** into a saucepan with $\frac{1}{4}$ tsp salt on high heat.
- Boil the **rice**, 10-12 mins. Once cooked, drain, pop back in the pan and cover.

3



Flavour Time

- Add the **tomato puree**, **peri peri seasoning**, **chicken stock paste**, **beans** and the **liquid** from the carton to the **pork**. Cook for 2-3 mins.
- Remove from the heat. Stir through the **mango chutney** and **butter** (see pantry).
- Taste and season with **salt** and **pepper**. Add a splash of **water** if it's a little too thick.

2



Get Frying

- Meanwhile, heat a frying pan (no oil) on medium-high heat.
- Once hot, fry the **pork mince**, 5-6 mins. Break up the **mince** as it cooks, then drain the fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.
- While the **pork** cooks, open the remaining sachets.

CUSTOM RECIPE

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

4



Dinner's Ready

- Share **rice** between serving bowls.
- Top with the **peri peri pork** and sprinkle over the **cheese**.

Enjoy!