



# Super Quick Creamy Cajun Pork with Peas and Rice

Super Quick 15 Minutes • Medium Spice

44



Basmati Rice



Pork Mince



Cajun Spice Mix



Tomato Puree



Creme Fraiche



Chicken Stock Paste



Peas



Crispy Onions



Beef Mince

### Pantry Items

Oil, Salt, Pepper, Honey

### 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 and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Pork Mince**	240g	360g	480g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Creame Fraiche** 7)	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Peas**	120g	240g	240g
Crispy Onions 13)	1 sachet	2 sachet	2 sachets
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water*	75ml	120ml	150ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	367g	100g	367g	100g
Energy (kJ/kcal)	3511 / 839	957 / 229	3285 / 785	896 / 214
Fat (g)	42.8	11.7	36.2	9.9
Sat. Fat (g)	18.9	5.2	17.6	4.8
Carbohydrate (g)	80.7	22.0	80.4	21.9
Sugars (g)	14.5	3.9	14.2	3.9
Protein (g)	35.3	9.6	38.5	10.5
Salt (g)	1.58	0.43	1.63	0.44

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

## Allergens

7) Milk 13) Cereals containing gluten

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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## Rice On

- Boil a half-full kettle.
- Pour the **boiled water** into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.



## Get Saucy

- Add the **tomato puree**, **creme fraiche**, **chicken stock paste**, **peas**, **honey**, **water** (see pantry for both) and a knob of **butter** (if you have any). Stir to combine.
- Bring to the boil and simmer, 2-3 mins.
- Taste and season with **salt** and **pepper** if needed.



## Fry Time

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **mince** and **Cajun spice mix** (add less if you'd prefer things milder), 5-6 mins.
- Break it up 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.

## CUSTOM RECIPE

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



## Dinner's Ready!

- Share the **rice** between bowls.
- Top with the **Cajun pork**.
- Sprinkle over the **crispy onions**.

## Enjoy!