



# Caribbean Style BBQ Pork Loaded Wedges with Pepper, Onion and Cheese

Family 30-35 Minutes • Mild Spice • 1 of your 5 a day

3



Potatoes



Smoked Paprika



Bell Pepper



Onion



Garlic Clove



Pork Mince



Mature Cheddar  
Cheese



Caribbean Style  
Jerk



BBQ Sauce



Burger Sauce



Beef Mince

**Pantry Items**  
Oil, Salt, Pepper,

### 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, garlic press, frying pan and grater.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Bell Pepper***	1	2	2
Onion**	1	1	2
Garlic Clove**	2	3	4
Pork Mince**	240g	360g	480g
Mature Cheddar Cheese** 7)	40g	60g	80g
Caribbean Style Jerk 9)	1 sachet	1 sachet	2 sachets
BBQ Sauce	48g	80g	96g
Burger Sauce 8) 9)	45g	60g	90g
Beef Mince**	240g	360g	480g

\*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	556g	100g	556g	100g
Energy (kJ/kcal)	3261 /779	587 /140	3035 /725	546 /131
Fat (g)	42.3	7.6	35.7	6.4
Sat. Fat (g)	14.8	2.7	13.5	2.4
Carbohydrate (g)	68.1	12.3	67.9	12.2
Sugars (g)	15.2	2.7	15.0	2.7
Protein (g)	35.2	6.3	38.4	6.9
Salt (g)	1.61	0.29	1.66	0.30

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

## Allergens

7) Milk 8) Egg 9) Mustard

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, cereals containing 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 your Wedges In

Preheat your oven to 220° C/200° C fan/gas mark 7.  
Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, sprinkle over the **smoked paprika**, then season with **salt** and **pepper**. Toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 30-40 mins. Turn halfway through.



## Cheese Please

Meanwhile, grate the **cheese**.

Once the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.

**IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Prep the Veg

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Halve, peel and thinly slice the **onion**.

Peel and grate the **garlic** (or use a garlic press).



## Get Saucy

Once the **mince** has cooked, add the **garlic** and **Caribbean style jerk** to the **mince** and fry until fragrant, 1 min.

Stir the **BBQ sauce** through the **mince** until thickened and warmed through, 1-2 mins.

Taste and season with **salt** and **pepper** if needed.



## Fry Time

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **sliced pepper, onion** and **pork mince**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break it up as it cooks.

**IMPORTANT:** Wash your hands and equipment after handling raw mince.

## CUSTOM RECIPE

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



## Assemble and Serve

When everything's ready, share the **wedges** between your bowls and top with the **BBQ pork**.

Sprinkle over the **Cheddar cheese**.

Spoon over the **burger sauce** to finish - **wedges** loaded!

Enjoy!