



# Chipotle Pork Cous Cous Bowl

with Spinach and Greek Style Salad Cheese

**Quick** 15 Minutes • **Medium Spice** • 1 of your 5 a day

44



Pork Mince



Couscous



Beef Stock Paste



Tomato Passata



Chipotle Paste



Baby Spinach



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. Ingredients in red are hot!

## Cooking tools

Kettle, frying pan, bowl and cling film.

## Ingredients

Ingredients	2P	3P	4P
Pork Mince**	240g	360g	480g
Couscous <b>13</b>	120g	180g	240g
Beef Stock Paste	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chipotle Paste	20g	30g	40g
Baby Spinach**	40g	100g	100g
Greek Style Salad Cheese** <b>7</b>	50g	100g	100g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Boiling Water*	240ml	360ml	480ml
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	468g	100g	488g	100g
Energy (kJ/kcal)	3224/771	690/165	2998/717	615/147
Fat (g)	42.6	9.1	36.0	7.4
Sat. Fat (g)	19.1	3.9	17.9	3.7
Carbohydrate (g)	58.3	12	58.0	11.9
Sugars (g)	14.5	3.0	14.2	2.9
Protein (g)	37.9	7.8	41.1	8.4
Salt (g)	3.58	0.73	3.63	0.74

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, 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 Frying

- Boil a half-full kettle.
- Meanwhile, heat a frying pan on medium-high heat (no oil).
- Once hot, fry the **pork**, 5-6 mins. Break up the **mince** as it cooks. **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.

3



## Flavour Town

- Add the **passata**, **chipotle paste** (add less if you'd prefer things milder), **honey**, **butter** (see pantry for both) and the remaining **beef stock paste** to the **pork**.
- Bring to the boil and simmer, 2-3 mins.
- Add the **spinach** in handfuls, making sure it's piping hot, 1-2 mins.
- Add a splash of **water** if it's a little thick.

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## Couscous

- Put the **couscous** into a bowl.
- Pour in the **boiling water** (see pantry) and stir in **half** the **beef stock paste**.
- Cover tightly with cling film. Leave to the side, 10 mins.
- Drain the fat from the **mince**. Season with **salt** and **pepper**.

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## Dinner's Ready!

- Fluff the **couscous** up with a fork. Share between your bowls.
- Top with the **chipotle pork**.
- Crumble over the **cheese**.

## Enjoy!