



# Caribbean Spiced BBQ Pork Fried Rice with Sweetcorn and Yoghurt

Quick 20 Minutes • Mild Spice

11



Basmati Rice



Garlic Clove



Sweetcorn



Pork Mince



Caribbean Style Jerk



Sun-Dried Tomato Paste



Chicken Stock Paste



BBQ Sauce



Greek Style Natural Yoghurt



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, saucepan, sieve, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Sweetcorn	160g	240g	320g
Pork Mince**	240g	360g	480g
Caribbean Style Jerk 9)	2 sachets	2 sachets	4 sachets
Sun-Dried Tomato Paste	25g	37g	50g
Chicken Stock Paste	25g	25g	30g
BBQ Sauce	48g	80g	96g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Pork*	100ml	150ml	200ml
Butter*	20g	30g	40g

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	429g	100g	429g	100g
Energy (kJ/kcal)	3772 / 901	879 / 210	3546 / 847	827 / 198
Fat (g)	43.1	10.0	36.5	8.5
Sat. Fat (g)	18.3	4.3	17.0	4.0
Carbohydrate (g)	95.3	22.2	95.0	22.2
Sugars (g)	18.9	4.4	18.7	4.4
Protein (g)	36.5	8.5	39.8	9.3
Salt (g)	4.55	1.06	4.60	1.07

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

## Allergens

7) Milk 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 the Rice On

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve, then pop it on top of the pan and allow to steam until ready to use.



## Add the Flavour

- Once the **mince** has browned, add the **sweetcorn, garlic** and **Caribbean style jerk** to the pan. Cook until fragrant, 1 min.
- Stir in the **sun-dried tomato paste, chicken stock paste, honey** and **water for the pork** (see pantry for both amounts).
- Bring to the boil, then lower the heat and simmer for 1-2 mins.



## Prep the Veg

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Drain the **sweetcorn** in a sieve.



## Fry the Rice

- Stir the **butter** (see pantry for amount) through the **mince**. Once melted, add the **cooked rice**. Mix together and stir-fry until piping hot, 1-2 mins.
- Add the **BBQ sauce** and mix to combine. Add a splash of **water** if it's a little dry.



## Fry the Pork

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

## CUSTOM RECIPE

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



## Finish and Serve

- When ready, share the **BBQ Caribbean style fried rice** between your bowls.
- Drizzle over the **Greek style yoghurt** to finish.

## Enjoy!