



# Chipotle Pork, Charred Corn and Pepper Bowl with Zesty Couscous and Cheese

14

**Quick** 20-25 Minutes • **Medium Spice** • 3 of your 5 a day



Bell Pepper



Garlic Clove



Sweetcorn



Couscous



Chicken Stock Paste



Pork Mince



Tomato Passata



Sun-Dried Tomato Paste



Chipotle Paste



Lime



Mature Cheddar Cheese



Beef Mince

### Pantry Items

Oil, Salt, Pepper, Sugar

### 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, garlic press, sieve, bowl, cling film, frying pan and fine grater.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Sweetcorn	160g	272g	340g
Couscous <b>13)</b>	120g	180g	240g
Chicken Stock Paste	20g	30g	40g
Pork Mince**	120g	240g	240g
Tomato Passata	1 carton	1½ cartons	2 cartons
Sun-Dried Tomato Paste	25g	37g	50g
Chipotle Paste	20g	30g	40g
Lime**	1	1	1
Mature Cheddar Cheese** 7)	30g	40g	60g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Boiled Water for the Couscous*	240ml	360ml	480ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml

\*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	596g	100g	656g	100g
Energy (kJ/kcal)	2615 / 625	439 / 105	3067 / 733	468 / 112
Fat (g)	24.5	4.1	30.9	4.7
Sat. Fat (g)	9.2	1.5	12.7	1.9
Carbohydrate (g)	71.2	11.9	71.1	10.8
Sugars (g)	16.7	2.8	16.7	2.5
Protein (g)	29.2	4.9	44.0	6.7
Salt (g)	3.62	0.61	3.77	0.57

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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass

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## Get Prepped

- Boil a full kettle for the **couscous**.
- While it comes to the boil, halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.
- Peel and grate the **garlic** (or use a garlic press). Drain the **sweetcorn** in a sieve.



## Time to Fry

- Return the (now empty) pan to high heat. Once hot, add the **pork mince** and **pepper chunks**. Season with **salt** and **pepper**.
- Stir-fry until the **mince** has browned and the **pepper** has softened, 6-7 mins. Use a spoon to break the **mince** up as it cooks. **IMPORTANT: Wash your hands and equipment after handling raw mince.**
- Meanwhile, zest and cut the **lime** into wedges. Grate the **cheese**.

## CUSTOM RECIPE

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



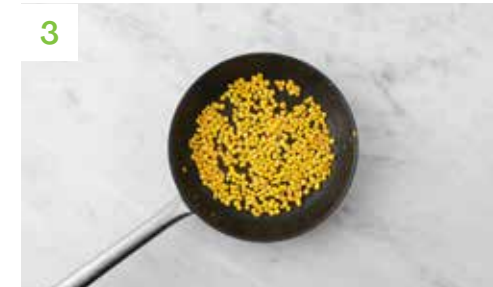
## Make the Couscous

- Put the **couscous** in a large bowl. Pour in the **boiled water for the couscous** (see pantry for amount), stir in **half the chicken stock paste**, then cover tightly with cling film.
- Leave to the side for 10 mins or until ready to serve.



## Add the Flavour

- Add the **garlic** to the **mince** and cook for 30 secs.
- Stir in the **passata**, **sun-dried tomato paste**, **chipotle paste** (add less if you'd prefer things milder), remaining **chicken stock paste** and the **sugar** and **water for the sauce** (see pantry for both amounts). Mix well to combine.
- Bring to the boil, then lower the heat and simmer until thickened, 3-4 mins.
- Once the **sauce** has thickened, add a good squeeze of **lime juice** from a **lime wedge**. Remove from the heat. **IMPORTANT: The mince is cooked when no longer pink in the middle.**



## Char the Corn

- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.
- Once charred, transfer to a medium bowl and cover to keep warm.



## Serve

- Fluff the **couscous** up with a fork, then stir through the **lime zest** and share between your bowls.
- Spoon over the **chipotle pork**. Top with the **charred corn** and finish by sprinkling over the **cheese**.
- Serve any remaining **lime wedges** on the side for squeezing over.

## Enjoy!