



# Caribbean Spiced BBQ Pork Fried Rice

with Sweetcorn and Yoghurt

14

Quick 20 Minutes • Mild Spice



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          | Custom Recipe |           |             |           |
|-------------------------|---------------|-----------|-------------|-----------|
|                         | Per serving   | Per 100g  | 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)                | 4.60          | 1.07      | 4.6         | 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. Be careful when adding water to hot pans while cooking.

## 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 serve.



## Add the Flavours

- 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.



## Mix it Up

- 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!