



Spiced Pork Pilaf and Mango Chutney

with Green Beans and Yoghurt

Family 35-40 Minutes • Mild Spice • 1 of your 5 a day

3



Onion



Basmati Rice



Green Beans



Garlic Clove



Pork Mince



Curry Powder Mix



Korma Curry Paste



Chicken Stock Paste



Mango Chutney



Low Fat Natural Yoghurt



Beef Mince

Pantry Items

Oil, Salt, Pepper, Butter, 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

Saucepan, lid, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1½	2
Basmati Rice	150g	225g	300g
Green Beans**	80g	150g	150g
Garlic Clove**	2	3	4
Pork Mince**	240g	360g	480g
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Korma Curry Paste 9)	50g	75g	100g
Chicken Stock Paste	15g	22g	30g
Mango Chutney	40g	60g	80g
Low Fat Natural Yoghurt** 7)	75g	120g	150g
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Butter*	20g	30g	40g
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	614g	100g	614g	100g
Energy (kJ/kcal)	3602 / 861	587 / 140	3376 / 807	550 / 132
Fat (g)	41.7	6.8	35.1	5.7
Sat. Fat (g)	16.4	2.7	15.1	2.5
Carbohydrate (g)	86.6	14.1	86.3	14.1
Sugars (g)	22.9	3.7	22.7	3.7
Protein (g)	35.2	5.7	38.4	6.3
Salt (g)	3.84	0.63	3.84	0.63

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.

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Cook the Onion

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

Heat a drizzle of **oil** in a deep saucepan (with a tight-fitting lid) on medium heat. Once hot, melt in the **butter** (see pantry for amount).

Add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden and softened, 8-10 mins.

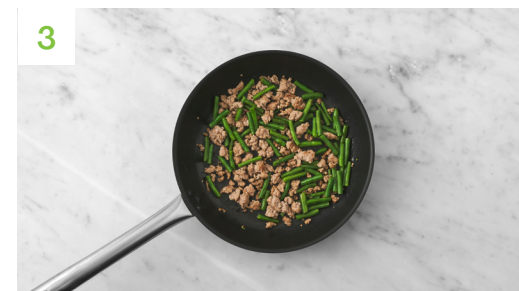
Once the **onion** has softened, add the **sugar** (see pantry for amount) and cook for 1 min more.



Rice Time

Stir the **rice** into the **onion** until coated in the **butter**, 1 min. Add **¼ tsp salt** and the **water for the rice** (see pantry for amount), then bring to the boil.

Once boiling, turn the heat down to medium and cover with the lid. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins (the **rice** will continue to cook in its own steam).



Fry the Pork

Meanwhile, trim the **green beans**, then cut into thirds. Peel and grate the **garlic** (or use a garlic press).

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **pork mince** and **green beans** and stir-fry until browned, 6-8 mins. Use a spoon to break up the **mince** 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.



Make your Pilaf

Add the **garlic**, **curry powder mix** and **korma curry paste** to the **pork**. Stir-fry until fragrant, 1-2 mins.

Stir in the **water for the sauce** (see pantry for amount) and **chicken stock paste**. Stir to combine, bring to the boil and simmer until thickened, 2-3 mins.

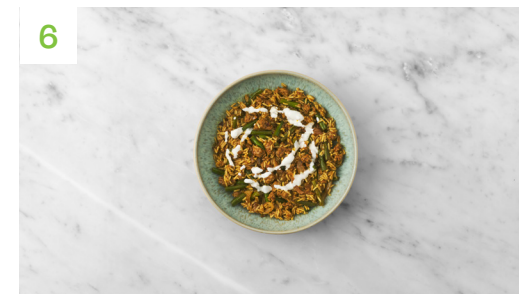


Finishing Touches

Once the **rice** is cooked, stir it into the **mince** and **green beans**.

Stir through the **mango chutney**, then remove from the heat.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry.



Serve Up

When ready, share the **pork pilaf** between your bowls. Drizzle over the **yoghurt** to finish.

Enjoy!