



# Speedy Cajun Style Pork Rice Bowl

with Avocado Salsa and Cheese

14

**Quick** 20 Minutes • **Very Hot** • 2 of your 5 a day



Mature Cheddar Cheese



Lime



Basmati Rice



Pork Mince



Avocado



Tomato Passata



Cajun Spice Mix



Chicken Stock Paste



Beef Mince

### Pantry Items

Oil, Salt, Pepper, Sugar, 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, grater, saucepan, sieve, lid, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Mature Cheddar Cheese** 7)	30g	40g	60g
Lime**	1	1½	2
Basmati Rice	150g	225g	300g
Pork Mince**	240g	360g	480g
Avocado	1	2	2
Tomato Passata	1 carton	1½ cartons	2 cartons
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Beef Mince**	240g	360g	480g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>474g</b>	<b>100g</b>	<b>474g</b>	<b>100g</b>
Energy (kJ/kcal)	3926/938	829/198	3700/884	781/187
Fat (g)	56.0	11.8	49.4	10.4
Sat. Fat (g)	21.6	4.6	20.4	4.3
Carbohydrate (g)	79.1	16.7	78.8	16.6
Sugars (g)	8.9	1.9	8.7	1.8
Protein (g)	36.9	7.8	40.2	8.5
Salt (g)	2.32	0.49	2.32	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 7) Milk

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 your Rice On

- Boil a half-full kettle.
- Meanwhile, grate the **cheese**. Cut the **lime** into wedges.
- Pour the **boiled water** into a large saucepan with  $\frac{1}{4}$  **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



## Add the Flavour

- When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*
- Stir in the **passata**, **Cajun spice mix** (add less if you'd prefer things milder), **chicken stock paste** and the **sugar** and **water for the sauce** (see pantry for both amounts).



## Fry the Mince

- While the rice cooks, heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince**. Fry until the **mince** has browned, 5-6 mins.
- Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*

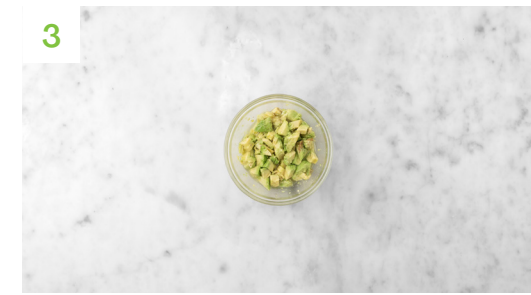
## CUSTOM RECIPE

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



## Simmer and Season

- Bring to the boil, then lower the heat and simmer until thickened, 2-3 mins.
- Once the **sauce** has thickened, stir in the **butter** until melted (see pantry for amount), then remove from the heat.
- Taste and season with **salt**, **pepper** and a good squeeze of **lime juice** from a **lime wedge**.



## Time to Salsa

- While the **mince** cooks, halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 1cm chunks.
- Pop the **avocado** into a small bowl, drizzle with some **olive oil**, squeeze in some **lime juice** from a **lime wedge**, season with **salt** and **pepper** and mix together.
- Set the **avocado salsa** aside.



## Serve

- Share the **rice** between your bowls.
- Spoon over the **pork** and top with the **cheese** and **avocado salsa**.
- Serve any remaining **lime wedges** for squeezing over.

## Enjoy!