



# Super Quick Peri Peri Rice Bowl with Mixed Beans and Cheddar Cheese

**Super Quick** 12-15 Minutes • 1 of your 5 a day

44



Mature Cheddar Cheese



Basmati Rice



Pork Mince



Tomato Puree



Peri Peri Seasoning



Chicken Stock Paste



Mixed Beans



Mango Chutney



British Beef Mince

### Pantry Items

Oil, Salt, Pepper, 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.

## Cooking tools

Kettle, saucepan and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Mature Cheddar Cheese** 7)	40g	70g	80g
Basmati Rice	150g	225g	300g
Pork Mince**	240g	360g	480g
Tomato Puree	30g	45g	60g
Peri Peri Seasoning	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Mixed Beans	1 carton	1½ cartons	2 cartons
Mango Chutney	40g	60g	80g
British Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
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	384g	100g	384g	100g
Energy (kJ/kcal)	3824 / 914	996 / 238	3598 / 860	938 / 224
Fat (g)	43.7	11.4	37.1	9.7
Sat. Fat (g)	19.8	5.2	18.5	4.8
Carbohydrate (g)	86.9	22.7	86.7	22.6
Sugars (g)	14.6	3.8	14.3	3.7
Protein (g)	44.4	11.6	47.7	12.4
Salt (g)	3.02	0.79	3.02	0.79

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, mollusc, 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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## Quick Prep

- Boil a half-full kettle.
- Grate the **cheese**.
- Once boiled, pour the **water** into a saucepan with ¼ **tsp salt** on high heat.
- Boil the **rice**, 10-12 mins. Once cooked, drain, pop back in the pan and cover.

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## Flavour Time

- Add the **tomato puree**, **peri peri seasoning**, **chicken stock paste**, **beans** and their **liquid** to the **pork**. Cook, 2-3 mins.
- Remove from the heat and stir through the **mango chutney** and **butter** (see pantry).
- Taste and season with **salt** and **pepper**. Add a splash of **water** if it's a too thick.

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## Get Frying

- Meanwhile, heat a frying pan (no oil) on medium-high heat.
- Once hot, fry the **pork mince**, 5-6 mins. Break up the **mince** as it cooks, then drain the fat. Season with **salt** and **pepper**. **IMPORTANT:** *Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.*
- While the **pork** cooks, open the remaining sachets.

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## Dinner's Ready!

- Share **rice** between serving bowls.
- Top with the **peri peri pork** and sprinkle over the **cheese**.

## Enjoy!