



Pork Cheeseburger Inspired Rice Bowl with Baby Gem Salad

Quick 20-25 Minutes • **Mild Spice**

14



Basmati Rice



Mature Cheddar
Cheese



Baby Gem Lettuce



Garlic Clove



Cider Vinegar



British Pork Mince



Tomato Puree



Cajun Spice Mix



Chicken Stock
Paste



Burger Sauce



British Beef
Mince

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Honey

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, lid, grater, garlic press, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Mature Cheddar Cheese** 7)	30g	40g	60g
Baby Gem Lettuce**	1	2	2
Garlic Clove**	2	3	4
Cider Vinegar 14)	15ml	22ml	30ml
British Pork Mince**	240g	360g	480g
Tomato Puree	30g	45g	60g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Burger Sauce 8) 9)	45g	60g	90g
British Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Pork*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	374g	100g	374g	100g
Energy (kJ/kcal)	3515 /840	939 /225	3289 /786	879 /210
Fat (g)	45.2	12.1	38.6	10.3
Sat. Fat (g)	14.5	3.9	13.2	3.5
Carbohydrate (g)	77.7	20.8	77.5	20.7
Sugars (g)	12.4	3.3	12.2	3.3
Protein (g)	35.9	9.6	39.2	10.5
Salt (g)	2.08	0.56	2.08	0.56

Nutrition for uncooked ingredients based on 2 person recipe.


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

Allergens

7) Milk 8) Egg 9) Mustard 14) Sulphites

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.

 You can recycle me!

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Rice Rice Baby

- 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 and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Fry the Pork

- 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.
- When the **mince** has browned, 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 **beef mince** instead of **pork**, cook the recipe in the same way.



Do the Prep

- Meanwhile, grate the **cheese**.
- Trim the **baby gem**, halve lengthways, then thinly slice.
- Peel and grate the **garlic** (or use a garlic press).



Add the Flavour

- Add the **garlic**, **tomato puree** and **Cajun spice mix** to the **pork**. Cook until fragrant, 1 min.
- Stir in the **chicken stock paste**, **honey** and **water for the pork** (see pantry for both amounts). Bring to the boil and simmer until thickened, 2-3 mins.



Toss the Salad

- In a medium bowl, combine the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.
- Add the **baby gem** to the **dressing**, toss to coat, then set aside.



Serve Up

- Share the **rice** between your bowls.
- Top with the **baby gem salad** and **spiced pork**.
- Sprinkle over the **cheese** and drizzle over the **burger sauce**.

Enjoy!