



Mexican Style Spiced Chilli in a Bun

with Cheese and Slaw

44

Super Quick 10-15 Minutes • **Mild Spice** • 1 of your 5 a day



British Pork Mince



Mature Cheddar Cheese



Mexican Style Spice Mix



Tomato Puree



Chicken Stock Paste



Brioche Hot Dog Buns



Coleslaw Mix



Baby Leaf Mix



Mayonnaise



British Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar

↔ **Swap to Beef Mince**

If you chose to swap to beef mince, 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

Frying pan, grater and bowl.

Ingredients

Ingredients	2P	3P	4P
British Pork Mince**	240g	360g	480g
Mature Cheddar Cheese** 7)	30g	40g	60g
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Brioche Hot Dog Buns 7) 8) 11) 13)	2	3	4
Coleslaw Mix**	120g	180g	240g
Baby Leaf Mix**	20g	40g	50g
Mayonnaise 8) 9)	32g	48g	64g
British Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	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	362g	100g	362g	100g
Energy (kJ/kcal)	2948 /705	815 /195	2722 /651	752 /180
Fat (g)	43.3	12.0	36.7	10.2
Sat. Fat (g)	18.0	5.0	16.7	4.6
Carbohydrate (g)	44.2	12.2	44.0	12.2
Sugars (g)	12.0	3.3	11.7	3.2
Protein (g)	34.7	9.6	37.9	10.5
Salt (g)	2.63	0.73	2.63	0.73


Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 9) Mustard 11) Soya 13) Cereals containing gluten

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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1



Get Frying

- Heat in a frying pan on medium-high heat (no oil). 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.
- Meanwhile, grate the **cheese**.

↔ Swap to Beef Mince

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

3



Coleslaw Time

- Meanwhile, slice the **buns** down through the middle (but not all the way through).
- In a bowl, combine the **coleslaw mix**, **baby leaves** and **mayo**.
- Season with **salt** and **pepper**. **TIP:** Don't add the leaves too early or they'll go soggy!

2



Add Flavour

- Add the **Mexican style spice mix**, **tomato puree**, **chicken stock paste**, **sugar** and **water** (see pantry) to the **mince**.
- Bring to the boil, then simmer, 2-3 mins.

4



Dinner's Ready!

- Transfer the **hot dog buns** to your plates.
- Fill with the **mince** and sprinkle over the **cheese**.
- Serve the **baby leaf slaw** alongside.

Enjoy!