



# Super Quick Creamy Cajun Pork with Mushrooms and Rice

Super Quick 15 Minutes • Medium Spice

44



Basmati Rice



British Pork Mince



Sliced Mushrooms



Cajun Spice Mix



Tomato Puree



Creme Fraiche



Chicken Stock Paste



Grated Hard Italian Style Cheese



Riced Cauliflower

### Pantry Items

Oil, Salt, Pepper, Honey

### Make it Lower Carb

If you chose to make this recipe lower carb, 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 and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
British Pork Mince**	240g	360g	480g
Sliced Mushrooms**	120g	180g	240g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Creme Fraiche** 7)	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Riced Cauliflower**	250g	500g	500g

Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water*	75ml	120ml	150ml

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	369g	100g	419g	100g
Energy (kJ/kcal)	3320 /794	899 /215	2386 /570	569 /136
Fat (g)	41.8	11.3	42.5	10.1
Sat. Fat (g)	19.1	5.2	19.3	4.6
Carbohydrate (g)	71.1	19.3	17.3	4.1
Sugars (g)	10.1	2.7	13.0	3.1
Protein (g)	35.4	9.6	31.8	7.6
Salt (g)	1.77	0.48	1.79	0.43

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

## Allergens

7) Milk 8) Egg

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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## Rice On

- Boil a half-full kettle.
- Pour the **boiled water** into a saucepan with  $\frac{1}{4}$  **tsp salt** on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.

## Make it Lower Carb

If you've chosen the lower carb version, heat a medium frying pan on medium-high heat with a drizzle of **oil**. Once hot, add the **riced cauliflower** and cook until just soft, 3-4 mins. Season well with **salt** and **pepper**. Cover to keep warm until serving.

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## Get Saucy

- Add the **tomato puree**, **creme fraiche**, **chicken stock paste**, **honey** and **water** (see pantry for both). Stir in a knob of **butter** (if you have any).
- Bring to the boil, then simmer, 2-3 mins.
- Stir in the **cheese**.
- Taste and season with **salt** and **pepper** if needed.

2



## Fry Time

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **mince**, **mushrooms** and **Cajun spice mix** (add less if you'd prefer things milder), 5-6 mins.
- Break the **mince** up 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.

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## Dinner's Ready!

- Share the **rice** between bowls.
- Top with the **Cajun pork**.

## Enjoy!