



Chipotle Pork Couscous Bowl

with Sweetcorn and Soured Cream

8

Super Quick 15 Minutes • **Medium Spice** • 1 of your 5 a day



Sweetcorn



Garlic Clove



British Pork Mince



Couscous



Chicken Stock Paste



Tomato Passata



Chipotle Paste



Soured Cream

Pantry Items

Oil, Salt, Pepper, Honey, Butter

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, garlic press, frying pan, bowl and cling film.

Ingredients

Ingredients	2P	3P	4P
Sweetcorn	160g	340g	340g
Garlic Clove**	2	3	4
British Pork Mince**	240g	360g	480g
Couscous 13)	120g	180g	240g
Chicken Stock Paste	20g	30g	40g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chipotle Paste	20g	30g	40g
Soured Cream** 7)	75g	150g	150g
Pantry	2P	3P	4P
Boiling Water*	200ml	300ml	400ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	535g	100g
Energy (kJ/kcal)	3510 / 839	656 / 157
Fat (g)	45.6	8.5
Sat. Fat (g)	19.9	3.7
Carbohydrate (g)	68.5	12.8
Sugars (g)	18.6	3.5
Protein (g)	37.1	6.9
Salt (g)	3.35	0.63

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

Allergens

7) Milk **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.

Contact

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Get Frying

- Boil a half-full kettle.
- Drain the **sweetcorn**. Peel and grate the **garlic** (or use a garlic press).
- Heat a frying pan on medium-high heat (no oil).
- Once hot, fry the **pork**, 5-6 mins. Break up the **mince** as it cooks. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Flavour Town

- Add the **garlic** to the **pork** and cook for 1 min more. Stir in the **sweetcorn**, **passata**, **chipotle** (add less if you'd prefer things milder), **honey**, **butter** (see pantry for both) and the remaining **chicken stock paste**.
- Bring to the boil and simmer, 2-3 mins.
- Add a splash of **water** if it's a little thick.



Couscous Time

- Put the **couscous** into a bowl.
- Pour in the **boiling water** (see pantry) and stir in **half** the **chicken stock paste**.
- Cover tightly with cling film. Leave to the side, 10 mins.
- Drain the fat from the **mince**. Season with **salt** and **pepper**.



Dinner's Ready!

- Fluff the **couscous** up with a fork. Share between your bowls.
- Spoon over the **chipotle pork**.
- Add a dollop of **soured cream**.

Enjoy!