



# Pork Chilli Burrito Bowl

with Tomato Salsa, Greek Style Natural Yoghurt and Cheese

Family 20 Minutes • Mild Spice • 2 of your 5 a day

11



Basmati Rice



Garlic Clove



British Pork Mince



Central American Style Spice Mix



Tomato Passata



Vegetable Stock Paste



Medium Tomato



Mature Cheddar Cheese



Greek Style Natural Yoghurt



Chilli Flakes



Unconventional Plant-Based Burgers

#### Pantry Items

Oil, Salt, Pepper, Olive Oil

#### Make it Vegetarian

If you chose to make this recipe veggie, 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, garlic press, frying pan, bowl and grater.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
British Pork Mince**	240g	360g	480g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Medium Tomato	2	3	4
Mature Cheddar Cheese** <b>7)</b>	30g	40g	60g
Greek Style Natural Yoghurt** <b>7)</b>	75g	150g	150g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Unconventional Plant-Based Burgers** <b>11)</b>	2	4	4
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>536g</b>	<b>100g</b>	<b>506g</b>	<b>100g</b>
Energy (kJ/kcal)	3418 / 817	638 / 153	2895 / 692	573 / 137
Fat (g)	41.5	7.8	28.1	5.6
Sat. Fat (g)	16.3	3.0	12.0	2.4
Carbohydrate (g)	77.9	14.6	84.0	16.6
Sugars (g)	11.2	2.1	11.4	2.3
Protein (g)	38.5	7.2	28.9	5.7
Salt (g)	2.46	0.46	3.39	0.67


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

## Allergens

**7)** Milk **10)** Celery **11)** Soya

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.

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## Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with  $\frac{1}{4}$  **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.
- While the **rice** cooks, peel and grate the **garlic** (or use a garlic press).



## Make the Tomato Salsa

- Meanwhile, cut the **tomatoes** into 1cm chunks. Pop the **tomato chunks** into a small bowl with the **olive oil for the salsa** (see pantry for amount).
- Season with **salt** and **pepper**, mix together, then set your **salsa** aside.

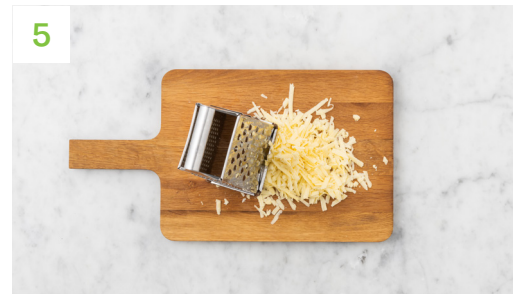


## Fry the Mince

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.  
**IMPORTANT:** Wash your hands and equipment after handling raw mince.
- Season with **salt** and **pepper**.

### Make it Vegetarian

If you've chosen the veggie version, heat a large frying pan on medium-high heat with a drizzle of **oil**. Cook the **plant-based burgers** for the same amount of time. Use a spoon to mash the **burgers** into a mince-like texture as they cook. **IMPORTANT:** Ensure they're piping hot throughout.



## Cheese Please

- Grate the **Cheddar cheese**.



## Add the Flavour

- Add the **garlic** and **Central American style spice mix** to the **pork**. Stir-fry until fragrant, 30 secs.
- Pour the **passata**, **veg stock paste** and **water for the sauce** (see pantry for amount) into the pan. Add a pinch of **sugar** (if you have any). Stir together and bring to the boil, then reduce the heat.
- Simmer, stirring occasionally, until the **sauce** has thickened, 10-12 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Season with **salt** and **pepper**, then remove from the heat.



## Assemble your Burrito Bowl

- When everything's ready, fluff up the **rice** with a fork and share between your bowls.
- Top with the **pork chilli**, **tomato salsa** and **grated Cheddar** in separate sections over the **rice**, then add a dollop of **Greek style natural yoghurt**.
- Finish with a sprinkle of **chilli flakes** for those who'd like some more heat (add less if you'd prefer things milder).

Enjoy!