



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



Central American Style Spice Mix



Vegetable Stock Paste



Burger Sauce



Unconventional Plant-Based Burgers

Pantry Items

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

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, 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
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Burger Sauce 8) 9)	45g	60g	90g
Unconventional Plant-Based Burgers**	2	4	4
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1.5 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	376g	100g	346g	100g
Energy (kJ/kcal)	3548 /848	943 /225	3024 /723	873 /209
Fat (g)	45.5	12.1	32.0	9.3
Sat. Fat (g)	14.4	3.8	10.1	2.9
Carbohydrate (g)	78.1	20.8	84.2	24.3
Sugars (g)	12.5	3.3	12.7	3.7
Protein (g)	36.4	9.7	26.9	7.8
Salt (g)	2.35	0.62	3.28	0.95

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

Allergens

7) Milk 8) Egg 9) Mustard 10) Celery 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.

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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.

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 time. Use a spoon to mash the **burgers** into a mince-like texture as they cook. **IMPORTANT:** Ensure they're piping hot throughout.



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 **Central American style spice mix** to the **pork**. Cook until fragrant, 1 min.
- Stir in the **veg 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 on the **burger sauce**.

Enjoy!