



Super Quick Smoky Peri Peri Rice Bowl

with Mixed Beans and Cheddar Cheese

44

Super Quick 10-15 Minutes • 2 of your 5 a day



Mature Cheddar Cheese



Basmati Rice



British Pork Mince



Mixed Beans



Peri Peri Seasoning



Tomato Passata



Smoky Base Paste



British Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

↔ **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!



Ready in just 15 minutes, this Super Quick Smoky Peri Peri Rice Bowl is smoky and spicy with a slightly sweet kick. Peri peri contains smoked paprika, ancho chilli powder, ground cumin and oregano.

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kettle, grater, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Mature Cheddar Cheese** 7)	40g	70g	80g
Basmati Rice	150g	225g	300g
British Pork Mince**	240g	360g	480g
Mixed Beans	1 carton	1½ cartons	2 cartons
Peri Peri Seasoning	2 sachets	2 sachets	4 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Smoky Base Paste	1 sachet	1½ sachets	2 sachets
British Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water*	50ml	75ml	100ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	490g	100g	490g	100g
Energy (kJ/kcal)	3803 / 909	776 / 186	3578 / 855	730 / 175
Fat (g)	44.3	9.1	37.7	7.7
Sat. Fat (g)	19.8	4.0	18.6	3.8
Carbohydrate (g)	84.2	17.2	84.0	17.1
Sugars (g)	9.4	1.9	9.1	1.9
Protein (g)	44.8	9.1	48.1	9.8
Salt (g)	3.11	0.63	3.11	0.63

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

Allergens

7) Milk

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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The Fresh Farm
60 Worship St, London EC2A 2EZ



Quick Prep

- Boil a half-full kettle.
- Grate the **cheese**.
- Once boiled, pour the **water** into a saucepan with **¼ tsp salt** on high heat. Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.



Flavour Time

- Add the **peri peri seasoning**, **passata**, **beans**, **sugar** and **water** (see pantry for both) to the **pork**. Cook, 4-5 mins.
- Remove from the heat and stir through the **smoky base paste** and **butter** (see pantry).
- Taste and season with **salt** and **pepper**. Add a splash of **water** if it's a too thick.



Get Frying

- Meanwhile, heat a frying pan (no oil) on medium-high heat.
- 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.*
- While the **pork** cooks, open the remaining sachets. Drain and rinse the **mixed beans**.

↔ Swap to Beef Mince

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



Dinner's Ready!

- Share **rice** between serving bowls.
- Top with the **smoky peri peri pork** and sprinkle over the **cheese**.

Enjoy!