



Super Quick Cheeseburger Inspired Rice Bowl

with Burger Sauce Slaw, Cheese and Crispy Onions

44

Super Quick 15 Minutes



Basmati Rice



British Pork Mince



Mature Cheddar Cheese



Burger Sauce



Coleslaw Mix



Tomato Puree



Central American Style Spice Mix



Chicken Stock Paste



Crispy Onions



British Beef Mince

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

↔ 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!

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 |
| Mature Cheddar Cheese** 7) | 30g | 40g | 60g |
| Burger Sauce 8) 9) | 45g | 75g | 90g |
| Coleslaw Mix** | 120g | 180g | 240g |
| Tomato Puree | 30g | 45g | 60g |
| Central American Style Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Chicken Stock Paste | 10g | 15g | 20g |
| Crispy Onions 13) | 1 sachet | 1½ sachets | 2 sachets |
| British Beef Mince** | 240g | 360g | 480g |

| Pantry | 2P | 3P | 4P |
|-----------------|--------|--------|--------|
| Water* | 100ml | 150ml | 200ml |
| Tomato Ketchup* | 2 tbsp | 3 tbsp | 4 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Custom Recipe | | | |
|-------------------------|---------------|-----------|-------------|-----------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 389g | 100g | 389g | 100g |
| Energy (kJ/kcal) | 3565 / 852 | 917 / 219 | 3339 / 798 | 859 / 205 |
| Fat (g) | 44.5 | 11.4 | 37.9 | 9.7 |
| Sat. Fat (g) | 15.4 | 4.0 | 14.2 | 3.6 |
| Carbohydrate (g) | 76.3 | 19.6 | 76.1 | 19.6 |
| Sugars (g) | 11.8 | 3.0 | 11.5 | 3.0 |
| Protein (g) | 36.7 | 9.4 | 40.0 | 10.3 |
| Salt (g) | 2.82 | 0.72 | 2.82 | 0.72 |


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

Allergens

7) Milk 8) Egg 9) Mustard 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.

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Quick Prep

- Boil a half-full kettle. Pour it 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.
- Meanwhile, heat a frying pan on medium-high heat.



Get Frying

- Once hot, fry the **pork mince**, 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.
- Meanwhile, grate the **cheese**.
- In a bowl, mix together the **burger sauce** and **coleslaw mix**. Season with **salt** and **pepper**.

↔ Swap to Beef Mince

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



Finishing Touches

- Drain the fat from the **mince**. Season with **salt** and **pepper**.
- Add the **tomato puree**, **Central American spice mix**, **chicken stock paste** and **water** (see pantry).
- Fry until the **sauce** has thickened, 2-3 mins. Remove from the heat and stir in the **ketchup** (see pantry).
- Add a splash of **water** if it's too thick.
- Taste and season with **salt** and **pepper** if needed.



Dinner's Ready!

- Share your **rice** between bowls.
- Top with the **spiced pork mince** and **coleslaw**.
- Sprinkle the **cheese** and **crispy onions** all over.

Enjoy!