



Super Quick Cajun Pork with Mushrooms and Rice

Super Quick 15 Minutes • Medium Spice

44



Basmati Rice



British Pork Mince



Sliced Mushrooms



Cajun Spice Mix



Tomato Puree



Creme Fraiche



Chicken Stock Paste



Grated Hard Italian Style Cheese



British Beef Mince

Pantry Items

Oil, Salt, Pepper, Honey

↔ 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!



Super speedy, this Super Quick Cajun Pork takes only 15 minutes to make. Punchy and smoky with a spicy kick, Cajun spice mix contains ingredients such as chilli powder, ground cumin, oregano and thyme.

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
Sliced Mushrooms**	120g	180g	240g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Creme Fraiche** 7)	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
British Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water*	75ml	120ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	369g	100g	369g	100g
Energy (kJ/kcal)	3323 /794	900 /215	3097 /740	839 /200
Fat (g)	41.8	11.3	35.2	9.5
Sat. Fat (g)	19.1	5.2	17.9	4.8
Carbohydrate (g)	71.1	19.3	70.9	19.2
Sugars (g)	10.1	2.7	9.9	2.7
Protein (g)	35.4	9.6	38.6	10.5
Salt (g)	1.77	0.48	1.77	0.48

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

Allergens

7) Milk 8) Egg

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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Rice On

- Boil a half-full kettle.
- Pour the **boiled 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.



Fry Time

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **mince, mushrooms** and **Cajun spice mix** (add less if you'd prefer things milder), 5-6 mins.
- Break the **mince** up 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.

↔ Swap to Beef Mince

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



Get Saucy

- Add the **tomato puree, creme fraiche, chicken stock paste, honey** and **water** (see pantry for both).
- Stir in a knob of **butter** (if you have any). Bring to the boil, then simmer, 2-3 mins.
- Stir in the **cheese**.
- Taste and season with **salt** and **pepper** if needed.



Dinner's Ready!

- Share the **rice** between bowls.
- Top with the **Cajun pork**.

Enjoy!