



Easy Peasy Chipotle Pork Chilli

with Rice and Soured Cream

Super Quick 15 Minutes • **Medium Spice** • 1 of your 5 a day

44



British Pork Mince



Basmati Rice



Mixed Beans



Tomato Puree



Red Wine Stock Paste



Chipotle Paste



Soured Cream



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!

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, frying pan and saucepan.

Ingredients

Ingredients	2P	3P	4P
British Pork Mince**	240g	360g	480g
Basmati Rice	150g	225g	300g
Mixed Beans	1 carton	1½ cartons	2 cartons
Tomato Puree	30g	45g	60g
Red Wine Stock Paste 14)	28g	42g	56g
Chipotle Paste	20g	30g	40g
Soured Cream** 7)	75g	150g	150g
British Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	444g	100g	444g	100g
Energy (kJ/kcal)	3482 / 832	784 / 187	3256 / 778	733 / 175
Fat (g)	35.3	7.9	28.7	6.5
Sat. Fat (g)	14.3	3.2	13.0	2.9
Carbohydrate (g)	90.3	20.3	90.0	20.3
Sugars (g)	15.2	3.4	15.0	3.4
Protein (g)	39.6	8.9	42.8	9.6
Salt (g)	2.97	0.67	2.97	0.67

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

Allergens

7) Milk **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.

Contact

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Get Frying

- Boil a half-full kettle.
- Meanwhile, heat a frying pan on medium-high heat (no oil).
- Once hot, fry the **pork**, 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.

↔ Swap to Beef Mince

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



Flavour Town

- Add the **tomato puree** to the **pork**. Cook, 1 min.
- Stir in the **beans**, **red wine stock paste**, **chipotle** (add less if you'd prefer things milder), **honey** and **water for the sauce** (see pantry for both).
- Bring to the boil and simmer, 3-4 mins.
- Remove from the heat. Add a splash of **water** if it's a little thick.



Boil Rice

- Meanwhile, pour the **boiling 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.
- Meanwhile, drain and rinse the **mixed beans**.



Dinner's Ready!

- Share the **rice** between your bowls.
- Top with the **pork chilli**.
- Drizzle over the **soured cream**.

Enjoy!