



Smoky Mexican Style Pork Burrito Bowl

with Avocado and Tomato Salsa

14

Quick 20-25 Minutes • **Mild Spice** • 2 of your 5 a day



Basmati Rice



British Pork Mince



Garlic Clove



Medium Tomato



Lime



Tomato Puree



Mexican Style Spice Mix



Smoky Base Paste



Avocado



British Beef Mince

Pantry Items

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

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, frying pan, garlic press and bowl.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
British Pork Mince**	240g	360g	480g
Garlic Clove**	1	2	2
Medium Tomato	1	1½	2
Lime**	1	1	1
Tomato Puree	30g	45g	60g
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Smoky Base Paste	1 sachet	1½ sachets	2 sachets
Avocado	1	1½	2
British Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Sugar for the Salsa*	½ tsp	1 tsp	1 tsp
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	150ml	225ml	300ml
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	487g	100g	487g	100g
Energy (kJ/kcal)	3832 / 916	787 / 188	3606 / 862	741 / 177
Fat (g)	54.6	11.2	48.0	9.9
Sat. Fat (g)	18.7	3.8	17.4	3.6
Carbohydrate (g)	75.0	15.4	74.7	15.4
Sugars (g)	12.9	2.6	12.6	2.6
Protein (g)	32.3	6.6	35.6	7.3
Salt (g)	1.79	0.37	1.79	0.37

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

Allergens

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.

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Cook the Rice

- 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.



Add the Flavour

- Once cooked, add the **tomato puree**, **garlic** and **Mexican style spice mix** to the pork and fry, 1-2 mins.
- Stir through the **smoky base paste**, **honey** and **water for the sauce** (see pantry for both amounts).
- Bring up to the boil, then reduce the heat to medium and simmer until thickened, 3-4 mins.

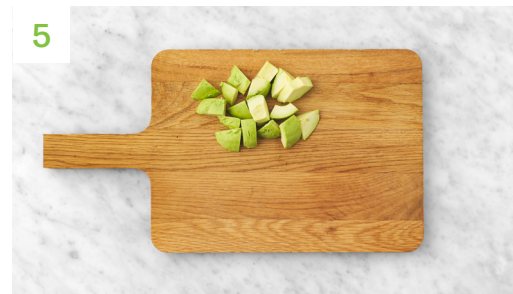


Get Frying

- In the meantime, 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.

↔ Swap to Beef Mince

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



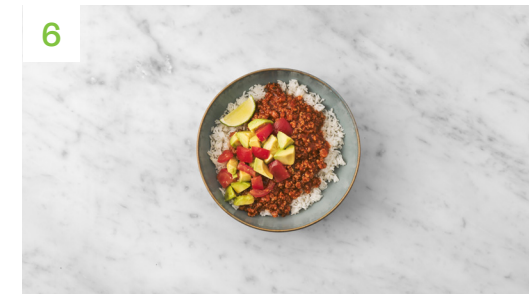
Avo Nice Day

- Meanwhile, halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 1cm chunks.
- Add the **avocado** to the bowl with the **tomato**, then mix to coat in the **dressing**.
- Once the **pork** has cooked, remove it from the heat and add a squeeze of **lime juice** and the **butter** (see pantry for amount).
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if your **sauce** is looking a little thick.



Finish the Prep

- While the **mince** is frying, peel and grate the **garlic** (or use a garlic press).
- Cut the **tomato** into 1cm chunks. Cut the **lime** into wedges.
- In a medium bowl, add the **tomato**, a squeeze of **lime juice**, **sugar** and **olive oil for the salsa** (see pantry for both amounts). Season with **salt** and **pepper** and toss to coat. Set aside.



Serve Up

- Share the **rice** between your bowls.
- Top with your **smoky Mexican style pork**.
- Top with your **tomato and avocado salsa**. Serve with any remaining **lime wedges** for squeezing over.

Enjoy!