

Portuguese Bifana Inspired Pork Sando

with Caramelised Onions, Peppers and Peri Peri Potatoes

A Taste of Portugal 40-45 Minutes • Mild Spice • 1 of your 5 a day



Garlic Clove



Potatoes



Peri Peri Seasoning



Onion



Bell Pepper



British Pork Loin Steaks



Smoked Paprika



Cider Vinegar



Ciabatta



Wild Rocket



Bifana is a popular Portuguese street food staple. It features thinly sliced pork steaks marinated and simmered in a flavourful paprika, garlic, and white wine sauce, all served on soft bread rolls called Papo Secos. This version includes slow-cooked onions and peppers, served with peri peri potatoes and salad, making for a heartier main meal.

Pantry Items

Oil, Salt, Pepper, Sugar, Mayonnaise, Tomato Ketchup, Butter

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

Aluminium foil, baking tray, garlic press, saucepan, frying pan, lid, kitchen scissors and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	4	6	8
Potatoes	450g	700g	900g
Peri Peri Seasoning	1 sachet	2 sachets	2 sachets
Onion	1	1½	2
Bell Pepper***	1	1½	2
British Pork Loin Steaks**	2	3	4
Smoked Paprika	1 sachet	1 sachet	2 sachets
Cider Vinegar 14	30ml	45ml	60ml
Ciabatta 13	2	3	4
Wild Rocket**	20g	40g	40g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
Tomato Ketchup*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	701g	100g
Energy (kJ/kcal)	3315 /792	473 /113
Fat (g)	26.4	3.8
Sat. Fat (g)	8.1	1.2
Carbohydrate (g)	103.5	14.8
Sugars (g)	15.5	2.2
Protein (g)	42.2	6.0
Salt (g)	1.95	0.28

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

Allergens

13) Cereals containing gluten **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.

 You can recycle me!

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



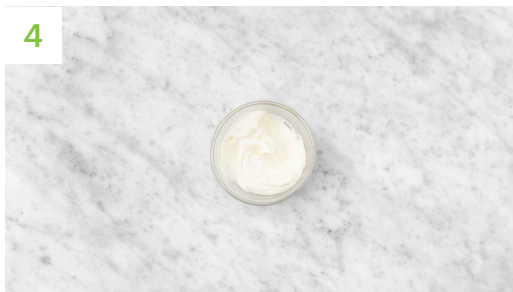
Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pop **half** the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Slice the **potatoes** into 1cm thick rounds (no need to peel).

Pop the **slices** onto a large baking tray. Drizzle with **oil**, sprinkle over **half** the **peri peri seasoning**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through. At the same time, add the **garlic parcel** to the tray and roast until soft, 10-12 mins, then remove and set aside to cool.



Aioli Time

Once the **onions** and **peppers** are golden, add the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more. Cover with a lid and set aside to keep warm.

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

In a small bowl, combine the **roasted garlic** and **mayo** (see pantry for amount).



Caramelize the Onions

Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the remaining **garlic** (or use a garlic press).

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Heat a drizzle of **oil** in a medium saucepan on medium heat.

Once hot, add the **onion** and **pepper**. Season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.



Add the Flavour

Heat the (now empty pork) frying pan on medium heat with a drizzle of **oil**.

Stir the **grated garlic**, **smoked paprika**, **cider vinegar**, **ketchup** and **water for the sauce** (see pantry for both amounts) into the pan. Bring to a boil and simmer until slightly thickened, 3-4 mins.

Meanwhile, thinly slice the **pork steaks**.

Halve the **ciabattas** and pop them into the oven to warm through, 2-3 mins.

Once the **sauce** has thickened, stir the **sliced pork** into the **sauce** along with the **butter** (see pantry for amount) until melted.



Fry the Pork Steaks

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **pork** with **salt**, **pepper** and the remaining **peri peri seasoning**. **IMPORTANT:** Wash your hands and equipment after handling raw meat.

Once hot, add the **pork steaks**. Fry until browned, 2-3 mins on each side. Reduce the heat to medium and fry for an additional 4-6 mins, turning every couple of mins.

Once the **pork steaks** are cooked, remove to a plate and cover with another plate or foil to rest. **IMPORTANT:** The pork is cooked when no longer pink in the middle.



Build your Bifanas

When everything's ready, spoon over some of the **bifana style sauce** over the **bun bases**.

Spread the **garlic aioli** over the **bun lids**, then top the **bases** with the **pork slices** and some of the **peppers** and **onions**, along with any remaining **bifana sauce**. Sandwich shut with the **bun lids**.

Toss the remaining **veg** with the **potato slices** and share between serving plates. Serve the **rocket** alongside with a drizzle of **olive oil** to finish.

Enjoy!