

Cajun Pork on Mint Bulgur with Bell Pepper

Calorie Smart 35-40 Minutes • **Very Hot** • 1 of your 5 a day • Under 650 Calories



Bell Pepper



Garlic Clove



Bulgur Wheat



Chicken Stock Paste



British Pork Mince



Tomato Puree



Cajun Spice Mix



Sun-Dried
Tomato Paste



Mint



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!



Designed by our chefs for a balanced lifestyle, this Cajun Pork on Mint Bulgur hits the spot. 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

Garlic press, frying pan, saucepan and lid.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Garlic Clove**	3	5	6
Bulgur Wheat 13	120g	180g	240g
Chicken Stock Paste	20g	30g	40g
British Pork Mince**	240g	360g	480g
Tomato Puree	30g	45g	60g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Sun-Dried Tomato Paste	25g	37g	50g
Mint**	1 bunch	1 bunch	1 bunch
British Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Water for the Bulgur*	220ml	330ml	440ml
Tomato Ketchup*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml

*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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	464g	100g	464g	100g
Energy (kJ/kcal)	2667 /637	574 /137	2436 /582	525 /125
Fat (g)	30.1	6.5	23.5	5.1
Sat. Fat (g)	10.3	2.2	9.0	1.9
Carbohydrate (g)	61.3	13.2	61.1	13.2
Sugars (g)	9.4	2.0	9.2	2.0
Protein (g)	33.5	7.2	37.1	8.0
Salt (g)	3.01	0.65	3.01	0.65

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


Allergens

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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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Char the Pepper

Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks. Peel and grate the **garlic** (or use a garlic press).

Heat a large frying pan on high heat (no oil).

Once hot, add the **pepper chunks** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **pepper** to pick up some nice colour.



Spicy Sauce Time

Add the remaining **garlic**, **tomato puree** and **Cajun spice mix** to the **pork** (add less **Cajun spice mix** if you'd prefer things milder). Stir-fry for 30 secs.

Next, stir the remaining **chicken stock paste**, **sun-dried tomato paste**, **tomato ketchup** and **water for the sauce** (see pantry for both amounts) into the pork.

Bring to the boil, then reduce the heat slightly and simmer until the **sauce** has thickened, 2-3 mins.

IMPORTANT: The mince is cooked when no longer pink in the middle.



Cook the Bulgur

Meanwhile, put a deep saucepan (with a tight-fitting lid) on medium heat with a drizzle of **oil**.

Once hot, add **half** the **garlic** and fry for 30 secs. Stir in the **bulgur** until coated, 30 secs.

Stir in **half** the **chicken stock paste** and **water for the bulgur wheat** (see pantry for amount). Bring to the boil and simmer for 1 min.

Put a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Add the Mint

Meanwhile, pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

Stir **half** the **mint** through the **cooked bulgur**.

Taste the **pork** and season with **salt** and **pepper** if needed. Add a splash of **water** if needed.



Fry the Mince and Veg

Add the **pork mince** to the **charred pepper**. Fry until the **mince** has browned, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

Use a spoon to break it up as it cooks, then drain and discard any excess fat.

↔ Swap to Beef Mince

Cook the **beef mince** in the same way as the **pork**.



Serve Up

Share the **mint bulgur** between your bowls and top with the **Cajun pork**.

Finish with a scattering of the remaining **mint**.

Enjoy!