



Cajun Pork Mince and Beans Jacky-P with Cheese and Pea Shoot Salad

25

Calorie Smart 40-45 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



-  Baking Potato
-  Pork Mince
-  Garlic Clove
-  Red Kidney Beans
-  Cajun Spice Mix
-  Tomato Passata
-  Chicken Stock Paste
-  Mature Cheddar Cheese
-  Baby Plum Tomatoes
-  Lime
-  Pea Shoots

Pantry Items
Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, frying pan, garlic press, sieve, grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Baking Potato	2	3	4
Pork Mince**	120g	240g	240g
Garlic Clove**	2	3	4
Red Kidney Beans	½ carton	¾ carton	1 carton
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Mature Cheddar Cheese** 7)	40g	70g	90g
Baby Plum Tomatoes	125g	190g	250g
Lime**	1	1	1
Pea Shoots**	40g	80g	80g

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	680g	100g
Energy (kJ/kcal)	2523 /603	371 /89
Fat (g)	22.6	3.3
Sat. Fat (g)	10.0	1.5
Carbohydrate (g)	73.0	10.7
Sugars (g)	11.7	1.7
Protein (g)	31.7	4.7
Salt (g)	2.55	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk

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, milk, egg, mustard, celery, soya, 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.

Contact

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Bake the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Halve the **potatoes** lengthways and pop them onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

Rub the **oil** over the **potatoes**, then lay them cut-side down on the baking tray.

When the oven is hot, roast on the top shelf until tender and a knife slips in easily, 30-40 mins.



Prep the Rest

While the **mince mixture** simmers, grate the **cheese**. Halve the **baby plum tomatoes**. Cut the **lime** into wedges.

In a large bowl, combine a drizzle of **oil** with a good squeeze of **lime juice**. Season with **salt**, **pepper** and a pinch of **sugar** (if you have any), then add the **tomatoes** and mix well. Set aside for now.



Fry the Mince

Meanwhile, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **pork mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

While it cooks, peel and grate the **garlic** (or use a garlic press). Drain and rinse the **kidney beans** in a sieve.

Once the **mince** is cooked, drain and discard any excess fat. Season with **salt** and **pepper**.



Finishing Touches

Once the **mince mixture** is ready, season with **salt**, **pepper** and a squeeze of **lime juice**. Remove from the heat.

When you're almost ready to serve, reheat the **mince** if needed. Add a splash of **water** if it's a little too thick.

Add the **pea shoots** to the bowl of **tomatoes** and toss together.



Bring on the Beans

Add the **garlic** and **Cajun spice mix** to the **pork**. Stir-fry for 1 min.

Stir in the **passata**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts), then stir through the **kidney beans** (see ingredients for amount).

Bring to the boil, then lower the heat and simmer until thickened, 8-10 mins.



Stack up and Serve

Transfer the **baked potatoes** to your plates, cut-side up. Add a knob of **butter** to the **potatoes** if you'd like.

Spoon the **Cajun pork** over the top and sprinkle with the **cheese**, then garnish with **lime wedges** for squeezing over.

Serve the **pea shoot salad** alongside to finish.

Enjoy!



Weight Watchers