



Cajun Pork on Mint Bulgur

with Green Pepper and Carrot

26

Calorie Smart 25-30 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Bell Pepper



Carrot



Garlic Clove



Bulgur Wheat



Chicken Stock Paste



Pork Mince



Cajun Spice Mix



Tomato Puree



Sun-Dried Tomato Paste



Mint

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Grater, garlic press, frying pan, saucepan and lid.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Carrot**	1	1	2
Garlic Clove**	3	5	6
Bulgur Wheat 13	110g	180g	220g
Chicken Stock Paste	20g	30g	40g
Pork Mince**	240g	360g	480g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Sun-Dried Tomato Paste	25g	37g	50g
Mint**	1 bunch	1 bunch	1 bunch

Pantry	2P	3P	4P
Water for the Bulgur*	220ml	360ml	440ml
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 green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	346g	100g
Energy (kJ/kcal)	2630 /629	760 /182
Fat (g)	30.4	8.8
Sat. Fat (g)	10.3	3.0
Carbohydrate (g)	58.9	17.0
Sugars (g)	10.7	3.1
Protein (g)	33.6	9.7
Salt (g)	2.80	0.81

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

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, 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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60 Worship St, London EC2A 2EZ

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Char the Peppers

Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks. Trim the **carrot**, then coarsely grate (no need to peel). Peel and grate the **garlic** (or use a garlic press).

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

Once the pan is hot, add the **pepper** 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**, **Cajun spice mix** and **tomato puree** to the **pork**. Stir-fry for 30 secs.

Next, stir the remaining **chicken stock paste**, **sun-dried tomato paste** and **water for the sauce** (see pantry for amount) into the **pork**. Bring to the boil then reduce the heat slightly and simmer until the **sauce** has thickened, 2-3 mins.



Cook the Bulgur

Meanwhile, heat a drizzle of **oil** in a deep saucepan on medium heat.

Once hot, add **half** the **garlic** and cook for 1 min. Stir in the **bulgur** and cook until coated, 1 min.

Add the **water for the bulgur** (see pantry for amount) and **half** the **chicken stock paste** and bring to the boil.

Simmer for 1 min. Pop 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.



Fry the Mince and Veg

Once the **pepper** is charred, add the **pork mince** and **grated carrot** to the pan. Fry until the **mince** has browned and the **carrot** has softened, 5-6 mins.

Use a spoon to break it up as it cooks, then 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.



Serve Up

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

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

Enjoy!



WeightWatchers