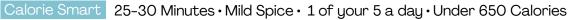


Cajun Pork on Mint Bulgur

with Green Pepper and Carrot







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				

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

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

Let us know what you think!

Share your creations with #HelloFreshSnaps Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

You can recycle me!

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





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.



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.



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.



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.



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.



Serve Up

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

Finish with a scattering of the remaining mint.

Enjou!



