



Caribbean Style Jerk Pork Fried Rice with Corn and Lemon

Classic 25-30 Minutes • Mild Spice • 2 of your 5 a day

5



Basmati Rice



Garlic Clove



Spring Onion



Sweetcorn



Lemon



Pork Mince



Caribbean Style Jerk



Sun-Dried Tomato Paste



Chicken Stock Paste



Baby Spinach



Beef Mince

Pantry Items

Oil, Salt, Pepper, Honey, Butter

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Saucepan, lid, garlic press, sieve, fine grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Spring Onion**	1	1½	2
Sweetcorn	150g	225g	300g
Lemon**	1	1	2
Pork Mince**	240g	360g	480g
Caribbean Style Jerk 9)	2 sachets	2 sachets	4 sachets
Sun-Dried Tomato Paste	25g	38g	50g
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	80g	100g
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Honey*	1 tbspc	1½ tbspc	2 tbspc
Water for the Pork*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	403g	100g	403g	100g
Energy (kJ/kcal)	3454 / 826	857 / 205	3228 / 772	801 / 191
Fat (g)	38.7	9.6	32.1	8.0
Sat. Fat (g)	15.8	3.9	14.5	3.6
Carbohydrate (g)	90.9	22.6	90.6	22.5
Sugars (g)	15.5	3.8	15.2	3.8
Protein (g)	34.8	8.6	38.0	9.4
Salt (g)	2.97	0.74	3.02	0.75

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

Allergens

9) Mustard

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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Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil.

Once boiling, turn the heat down to medium and cover with the lid. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Add the Spicy Flavour

Once the **mince** has browned, add the **sweetcorn**, **garlic** and **Caribbean style jerk** to the pan. Cook until fragrant, 1 min.

Stir in the **sun-dried tomato paste**, **chicken stock paste**, **honey** and **water for the pork** (see pantry for both amounts).

Bring to the boil, then lower the heat and simmer for 1-2 mins. Add the **spinach** to the pan a handful at a time until wilted, 1-2 mins.



Prep the Veg

Meanwhile, peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**.

Drain the **sweetcorn** in a sieve.

Zest and halve the **lemon**.



Fry the Rice

A few mins before you are ready to serve, add the **butter** (see pantry for amount) to a frying pan on medium-high heat.

Once melted and hot, add the **cooked rice**, the **lemon zest** and **half the lemon juice**. Mix together and stir-fry until piping hot, 1-2 mins.



Fry the Pork

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, 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.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Finish and Serve

When ready, share the **Caribbean style fried rice** between your bowls.

Sprinkle over the **spring onion** and serve with a **wedge** of **lemon** to finish.

Enjoy!