



# Chermoula Pork Pilaf with Bell Pepper and Peas

**Rapid** 20 Minutes • Medium Spice • 1 of your 5 a day

9



Garlic Clove



Bell Pepper



Basmati Rice



Pork Mince



Chermoula Spice Mix



Chicken Stock Paste



Peas



Sun-Dried Tomato Paste

#### Pantry Items

Oil, Salt, Pepper, Butter

## Before you start

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

## Cooking tools

Kettle, garlic press, saucepan, sieve, lid and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Bell Pepper***	1	1½	2
Basmati Rice	150g	225g	300g
Pork Mince**	240g	360g	480g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Sun-Dried Tomato Paste	25g	38g	50g
Pantry	2P	3P	4P
Water for the Pork*	100ml	150ml	200ml
Butter*	20g	30g	40g

\*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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3209 /767	904 /216
Fat (g)	37.5	10.6
Sat. Fat (g)	15.3	4.3
Carbohydrate (g)	74.2	20.9
Sugars (g)	8.2	2.3
Protein (g)	34.9	9.8
Salt (g)	1.96	0.55

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

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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## Get Prepped

- Boil a full kettle.
- Peel and grate the **garlic** (or use a garlic press). Halve the **pepper** and discard the core and seeds. Chop into 3cm chunks.
- Pour the **boiled water** from your kettle into a large saucepan with  $\frac{1}{4}$  **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain well in a sieve and pop back in the pan. Cover with a lid and leave to the side for later.



## Peas Please

- Stir the **peas** and **butter** (see pantry for amount) through the **cooked rice** until piping hot and melted, 1 min.



## Fry the Pork

- Heat a frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince** and **pepper** 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.*



## Combine your Pilaf

- Add the **cooked rice** and **sun-dried tomato paste** your pan of **spicy mince** and stir to combine.
- Taste and season with **salt** and **pepper** if needed.



## Add the Flavour

- Once the **mince** has browned, add the **garlic** and **chermoula spice mix** to the pan. Cook until fragrant, 30 secs.
- Stir in the **chicken stock paste** and **water for the pork** (see pantry for amount).
- Bring to the boil, then lower the heat and simmer for 1-2 mins.



## Serve

- When ready, share the **pork pilaf** between your bowls.

Enjoy!