



Chipotle Pork, Corn and Pepper Bowl

with Zesty Couscous and Cheese

26

Calorie Smart 20-25 Minutes • Medium Spice • 3 of your 5 a day • Under 650 Calories



Bell Pepper



Garlic Clove



Sweetcorn



Couscous



Chicken Stock Paste



Pork Mince



Tomato Passata



Chipotle Paste



Lime



Coriander



Mature Cheddar
Cheese

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

Kettle, garlic press, sieve, bowl, cling film, frying pan, fine grater and grater.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Sweetcorn	150g	255g	340g
Couscous 13	110g	180g	220g
Chicken Stock Paste	20g	30g	40g
Pork Mince**	120g	240g	240g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chipotle Paste	20g	30g	40g
Lime**	1	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Mature Cheddar Cheese** 7	30g	45g	60g
Pantry	2P	3P	4P
Boiled Water for the Couscous*	220ml	360ml	440ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
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 yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	444g	100g
Energy (kJ/kcal)	2475 /592	558 /133
Fat (g)	22.8	5.1
Sat. Fat (g)	9.1	2.1
Carbohydrate (g)	68.3	15.4
Sugars (g)	17.3	3.9
Protein (g)	28.2	6.4
Salt (g)	3.36	0.76

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 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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Get Prepped

Boil a half-full kettle for the **couscous**.

While it comes to the boil, halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.

Peel and grate the **garlic** (or use a garlic press). Drain the **sweetcorn** in a sieve.



Add the Flavour

Once the **pork** is cooked, drain and discard any excess fat. **IMPORTANT:** The pork is cooked when no longer pink in the middle.

Add the **garlic** and cook for 1 min. Add the **passata**, **chipotle paste** (add less if you'd prefer things milder), remaining **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) and stir to combine.

Bring to the boil, then lower the heat and simmer until thickened, 4-5 mins.



Make the Couscous

Put the **couscous** in a medium bowl. Pour in the **boiled water for the couscous** (see pantry for amount), stir in **half** the **chicken stock paste**, then cover tightly with cling film.

Leave to the side for 10 mins or until ready to serve.



Finish Up

Meanwhile, zest and cut the **lime** into wedges. Roughly chop the **coriander** (stalks and all). Grate the **Cheddar**.

Once the **sauce** has thickened, season with **salt**, **pepper** and a squeeze of **lime juice** from a **lime wedge**. Remove from the heat.

Fluff the **couscous** up with a fork then stir in the **lime zest** and **half** the **coriander**.



Fry the Pork and Veg

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **pork mince**, **pepper** and **sweetcorn**. Season with **salt** and **pepper**.

Stir-fry until the **mince** has browned and the **pepper** has softened, 6-7 mins. Use a spoon to break the **mince** up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Serve

Share the **zesty couscous** between your bowls.

Spoon over the **chipotle pork** and finish by sprinkling over the **grated Cheddar** and remaining **coriander**.

Serve the remaining **lime wedges** on the side for squeezing over.

Enjoy!