



Korma Spiced Pork Pilaf and Mango Chutney with Peas and Yoghurt

Family 20 Minutes • Mild Spice

14



Garlic Clove



Basmati Rice



Pork Mince



Chicken Stock Paste



Korma Style Paste



Peas



Mango Chutney



Greek Style
Natural Yoghurt



Beef Mince

Pantry Items

Oil, Salt, Pepper

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

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

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Basmati Rice	150g	225g	300g
Pork Mince**	240g	360g	480g
Chicken Stock Paste	15g	22g	30g
Korma Style Paste 9)	50g	75g	100g
Peas**	120g	180g	240g
Mango Chutney	40g	60g	80g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Beef Mince**	240g	360g	480g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	350g	100g	350g	100g
Energy (kJ/kcal)	3387/809	968/231	3161/755	903/216
Fat (g)	36.6	10.5	30.0	8.6
Sat. Fat (g)	13.2	3.8	11.9	3.4
Carbohydrate (g)	83.9	24.0	83.7	23.9
Sugars (g)	19.9	5.7	19.7	5.6
Protein (g)	36.6	10.5	39.9	11.4
Salt (g)	3.35	0.96	3.39	0.97

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

Allergens

7) Milk 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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Garlic Time

- Boil a full kettle.
- Peel and grate the **garlic** (or use a garlic press).



Cook the Rice

- Pour the **boiled water** 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 in a sieve, then pop it on top of the pan and allow to steam until ready to serve.



Fry the Pork

- Meanwhile, 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.
- Add the **garlic** and cook for 1 min more.

CUSTOM RECIPE

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



Make your Pilaf

- Lower the heat to medium.
- Once the **rice** is cooked, stir it into the **pork** with the **chicken stock paste**, **korma style paste** and **peas** until well combined.



Bring on the Chutney

- Stir the **mango chutney** through your **pilaf**.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry.



Serve

- When ready, share the **pork pilaf** between your bowls.
- Drizzle over the **yoghurt** to finish.

Enjoy!