



# Middle Eastern Style Pork Mince Stew

with Pepper, Greek Style Cheese and Rice

44

Classic 20-25 Minutes • Mild Spice • 2 of your 5 a day



Basmati Rice



Bell Pepper



Garlic Clove



Pork Mince



Za'atar



Chermoula Spice Mix



Tomato Passata



Chicken Stock Paste



Greek Style Salad Cheese



Chives



Beef Mince

#### Pantry Items

Oil, Salt, Pepper, Sugar

#### CUSTOM RECIPE

If you chose to swap or upgrade your 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 and frying pan.

## Ingredients

| Ingredients                   | 2P       | 3P         | 4P        |
|-------------------------------|----------|------------|-----------|
| Basmati Rice                  | 150g     | 225g       | 300g      |
| Bell Pepper***                | 1        | 2          | 2         |
| Garlic Clove**                | 2        | 3          | 4         |
| Pork Mince**                  | 240g     | 360g       | 480g      |
| Za'atar                       | 1 sachet | 2 sachets  | 2 sachets |
| Chermoula Spice Mix           | 1 sachet | 1 sachet   | 2 sachets |
| Tomato Passata                | 1 carton | 1½ cartons | 2 cartons |
| Chicken Stock Paste           | 10g      | 15g        | 20g       |
| Greek Style Salad Cheese** 7) | 50g      | 100g       | 100g      |
| Chives**                      | 1 bunch  | 1 bunch    | 1 bunch   |
| Beef Mince**                  | 240g     | 360g       | 480g      |

| Pantry               | 2P    | 3P    | 4P    |
|----------------------|-------|-------|-------|
| Water for the Rice*  | 300ml | 450ml | 600ml |
| Sugar for the Sauce* | ½ tsp | ¾ tsp | 1 tsp |
| Water for the Sauce* | 75ml  | 115ml | 150ml |

\*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          | Custom Recipe |          |             |          |
|-------------------------|---------------|----------|-------------|----------|
|                         | Per serving   | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 409g          | 100g     | 409g        | 100g     |
| Energy (kJ/kcal)        | 3091/739      | 756/181  | 2865/685    | 701/167  |
| Fat (g)                 | 33.4          | 8.2      | 26.8        | 6.6      |
| Sat. Fat (g)            | 13.6          | 3.3      | 12.3        | 3.0      |
| Carbohydrate (g)        | 78.0          | 19.1     | 77.8        | 19.0     |
| Sugars (g)              | 9.9           | 2.4      | 9.6         | 2.4      |
| Protein (g)             | 36.5          | 8.9      | 39.8        | 9.7      |
| Salt (g)                | 2.51          | 0.61     | 2.56        | 0.63     |

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

## Allergens

### 7) Milk

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 the Rice On

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 Flavour

Next, add the **garlic**, **za'atar** and **chermoula spice mix** to the **pork**. Stir-fry for 1 min.

Pour in the **passata**, **chicken stock paste** and the **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil.

Once boiling, reduce the heat and simmer until the **sauce** has thickened, 3-4 mins, stirring occasionally.



## Prep Time

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Peel and grate the **garlic** (or use a garlic press).



## Finish Up

While everything cooks, crumble the **Greek style cheese** into small pieces and roughly chop the **chives** (use scissors if easier).

Once the **mince** is cooked and the **sauce** has thickened, season with **salt** and **pepper**, then stir through **half the chives**.



## Fry the Mince and Pepper

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

Once hot, add the **pork mince** and **sliced pepper**, fry until browned, 5-6 mins.

Use a spoon to break the **mince** 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.



## Serve

Share the **rice** out between your bowls and spoon the **pork mince stew** on top.

Scatter over the **cheese** and finish by sprinkling over the remaining **chives**.

## Enjoy!