



More Than Food
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Paprika Pork with Crushed New Potatoes and Butter Bean Stew

A combination of Spanish delights. A very simple Spanish butter bean stew using fresh tomatoes, rich in flavour and colour. A great little dish on its own! It's difficult to go into a tapas bar and not find this on the menu. And of course, a traditional combination of paprika and pork that will send wonderful, zingy notes to your taste buds.



25 mins



2 of your
5 a day



mealkit



Onion
(½)



Garlic Clove
(1)



Vine Tomato
(2)



Butter Beans
(1 tin)



Chicken Stock Pot
(½)



Tomato Purée
(1½ tsp)



Bay Leaf
(1)



Water
(75ml)



New Potatoes
(1 pack)



Red Pepper
(1)




Pork Steak
(2)



Smoked Paprika
(1½ tsp)

2 PEOPLE INGREDIENTS

- Onion, sliced **½**
- Garlic Clove, grated **1**
- Vine Tomato, chopped **2**
- Butter Beans **1 tin**
- Chicken Stock Pot **½**
- Tomato Purée **1½ tsp**
- Bay Leaf **1**
- Water **75ml**
- New Potatoes **1 pack**
- Red Pepper, sliced **1**
- Pork Steak **2**
- Smoked Paprika **1½ tsp**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

You can buy butter beans in any British supermarket but have you ever seen fresh ones? Probably not. Butter beans originate from lima beans which are notoriously hard to track down. The hunt goes on...

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	613 kcal / 2573 kJ	21 g	7 g	58 g	11 g	46 g	3 g
Per 100g	98 kcal / 412 kJ	3 g	1 g	9 g	2 g	7 g	0 g



1 Preheat your oven to 200 degrees.

2 Cut the **onion** in half, peel and finely slice into half moon shapes. Peel and grate the **garlic** (or use a garlic press if you have one). Chop the **tomato** into eighths and heat a medium-sized saucepan with a splash of **olive oil**. Once warm, add your **onions** and **garlic**. Fry for 5 mins until they become soft, transparent and begin to colour.



3 Add your **tomato** to the saucepan and cook for a further 2 mins. Drain the **butter beans** and add them to your **tomato**, followed by the **chicken stock pot**, **tomato purée**, **bay leaf** and the **water** (amount specified in the ingredient list). Place a lid on the saucepan and leave to simmer for 30 mins, stirring occasionally to ensure it isn't catching on the bottom or becoming too dry. **Tip:** *If it does start to become dry, just add a splash of water.*

4 Cut any larger **new potatoes** in half (no need to peel). Boil a pot of water with a pinch of **salt** and add your **potatoes**. Cook for 15 mins. Meanwhile, remove the core and slice the **red pepper** into thick strips about 2cm wide. Place these on a lined baking tray.



5 Season the **pork** with a good pinch of **salt** and rub the **smoked paprika** all over the meat. Place this on top of your bed of **peppers** and generously drizzle with **olive oil**, before putting on the top shelf of your oven for 15-17 mins or until cooked through. **Tip:** *The pork is cooked when it is no longer pink in the middle.*

6 Your **potatoes** should be thoroughly cooked now. **Tip:** *The potatoes are cooked when you can easily slip a knife through.* Drain and lightly crush with a fork (don't mash them). Heat a medium-sized frying pan with a splash of **olive oil**. Add your **potatoes** to the pan. Fry for 4 mins, until they start to crisp.



7 Your **butter bean stew** should be a lovely thick consistency now, without too much liquid remaining. Season with a pinch of **salt** and a few good grinds of **black pepper** to taste. Once your **pork** is out of your oven cut it into thin slices.

8 Finally, time to plate up! Serve your **pork slices** on top of your **crushed new potatoes** and **red peppers**, top with your **butter bean stew**. Dig in!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!