



Loaded Pork Chilli & Brown Rice Bowl

with Cheddar Cheese & Sour Cream

Grab your Meal Kit with this symbol



Brown Rice



Capsicum



Cucumber



Garlic



Carrot



Pork Mince



Tomato Paste



Mexican Fiesta Spice Blend



Crushed & Sieved Tomatoes



Shredded Cheddar Cheese



Sour cream

- Hands-on: **30-40 mins**
- Ready in: **35-45 mins**
- Spicy (Mexican Fiesta spice blend)

This fantastic bowl starts with fluffy brown rice and adds a soul-satisfying chilli made with pork mince, warming spices and veggies to make it whole. With the addition of Cheddar cheese and a cucumber salsa, we can guarantee deliciousness in every bite.

Pantry items

Olive Oil, White Wine Vinegar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 packet	2 packets
water*	3 cups	6 cups
capsicum	1	2
cucumber	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
carrot	1	2
white wine vinegar*	drizzle	drizzle
pork mince	1 small packet	1 medium packet
tomato paste	1 packet	2 packets
Mexican Fiesta spice blend	1 sachet	1 sachet
crushed & sieved tomatoes	1 tin	2 tins
butter*	20g	40g
salt*	¼ tsp	½ tsp
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3881kJ (927Cal)	536kJ (128Cal)
Protein (g)	44.6g	6.2g
Fat, total (g)	47.5g	6.6g
- saturated (g)	23.9g	3.3g
Carbohydrate (g)	78g	10.8g
- sugars (g)	21g	2.9g
Sodium (mg)	1791mg	247mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the brown rice

In a medium saucepan, bring the **brown rice** and the **water** to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain and return to the saucepan.



Get prepped

While the rice is cooking, cut the **capsicum** into 1cm chunks. Roughly chop the **cucumber**. Finely chop the **garlic**. Grate the **carrot** (unpeeled).



Dress the cucumber

In a small bowl, combine the **cucumber** and a drizzle of **white wine vinegar**. Season to taste. Stir and set aside.



Start the chilli

SPICY! The spice blend is hot, use less if you're sensitive to heat. In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **capsicum** and **carrot**, stirring, until softened, **5 minutes**. Add the **pork mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add the **garlic**, **tomato paste** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**.



Finish the chilli

Reduce the heat to medium, then add the **crushed & sieved tomatoes**. Simmer until thickened, **5-6 minutes**. Stir through the **butter** and the **salt**. Season to taste with **pepper**.



Serve up

Divide the brown rice and pork chilli between bowls. Top with the dressed cucumber, the **shredded Cheddar cheese** and **sour cream**.

Enjoy!