

# Loaded Mexican Pork Chilli Bowl

with Garlic Rice & Cheddar Cheese

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Sweetcorn



Cucumber



Carrot



Pork Mince



Tomato Paste



Mexican Fiesta Spice Blend



Crushed & Sieved Tomatoes



Shredded Cheddar Cheese




Greek-Style Yoghurt



Beef Mince

 Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

 Spicy (Mexican Fiesta spice blend)

This fantastic bowl starts with fluffy garlic 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.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, White Wine Vinegar



## 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	40g	80g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
sweetcorn	½ tin	1 tin
cucumber	1 (medium)	1 (large)
carrot	1	2
white wine vinegar*	drizzle	drizzle
pork mince	1 packet	1 packet
tomato paste	1 packet	2 packets
Mexican Fiesta spice blend	1 sachet	1 sachet
crushed & sieved tomatoes	½ tin	1 tin
salt*	¼ tsp	½ tsp
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
Greek-style yoghurt	1 medium packet	1 large packet
beef mince**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

### Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4180kJ (999Cal)	611kJ (146Cal)
Protein (g)	45.4g	6.6g
Fat, total (g)	48.7g	7.1g
- saturated (g)	23.9g	3.5g
Carbohydrate (g)	89.7g	13.1g
- sugars (g)	20g	2.9g
Sodium (mg)	2087mg	305mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3586kJ (857Cal)	532kJ (127Cal)
Protein (g)	48g	7.1g
Fat, total (g)	34.1g	5.1g
- saturated (g)	15.9g	2.4g
Carbohydrate (g)	81.3g	12.1g
- sugars (g)	20.7g	3.1g
Sodium (mg)	2049mg	304mg

The quantities provided above are averages only.

## Allergens

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

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

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt 1/2 the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.


**TIP:** The rice will finish cooking in its own steam so don't peek!



## 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 **sweetcorn** until lightly browned, **4-5 minutes**. Add the **pork mince** and cook, breaking it up with a spoon, until browned, **3-4 minutes**. Add the **tomato paste**, **Mexican Fiesta spice blend** and remaining **garlic** and cook until fragrant, **1 minute**.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.

 **CUSTOM RECIPE**  
Cook the beef mince the same way as the pork!



## Get prepped

While the rice is cooking, drain the **sweetcorn** (see ingredients). Roughly chop the **cucumber**. Grate the **carrot**.



## Prep the cucumber

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



## Finish the chilli

Reduce the frying pan to a medium heat, then add the **crushed & sieved tomatoes** (see ingredients) and simmer until thickened, **5-6 minutes**. Stir through the **salt** and remaining **butter**. Season with **pepper**.



## Serve up

Divide the garlic rice between bowls. Top with the pork chilli, dressed cucumber, **shredded Cheddar cheese** and **Greek-style yoghurt**.

## Enjoy!