



# Loaded Pork Fajita Bowl

with Garlic Rice & Cheddar Cheese

Grab your Meal Kit with this symbol



Red Capsicum



Green Capsicum



Red Onion



Garlic



Basmati Rice



Pork Loin Steaks



Tex-Mex Spice Blend



Avocado



Shredded Cheddar Cheese



Greek-Style Yoghurt

Hands-on: 25-35 mins  
Ready in: 35-45 mins

Make it Tex-Mex! That's our solution when we want a bright mix of colours and flavours – plus a bowl that makes everyone happy. This one starts with aromatic garlic rice and adds roasted veggies, creamy avocado and lightly spiced pork strips for a burst of deliciousness in every bite!

### Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red capsicum	1	2
green capsicum	1	2
red onion	½	1
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
pork loin steaks	1 packet	1 packet
Tex-Mex spice blend	1 sachet	1 sachet
avocado	½	1
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3762kJ (899Cal)	566kJ (135Cal)
Protein (g)	57g	8.6g
Fat, total (g)	40.1g	6g
- saturated (g)	16.8g	2.5g
Carbohydrate (g)	79.6g	12g
- sugars (g)	14.2g	2.1g
Sodium (mg)	993mg	149mg

## Allergens

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

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



## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Slice the **capsicums** into 2cm strips. Slice the **red onion** (see ingredients) into 2cm wedges.



## Roast the veggies

Place the **capsicums** and **onion** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.



## Cook the garlic rice

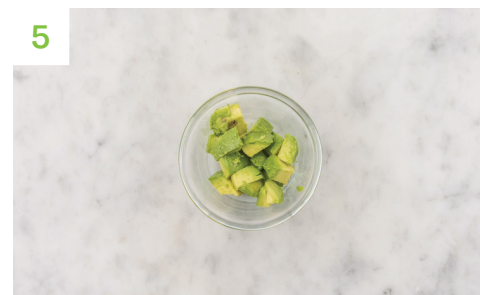
While the veggies are roasting, finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, then bring to the boil. Reduce 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!



## Cook the pork

While the rice is cooking, slice the **pork loin steaks** into 1cm strips. In a medium bowl, combine the **Tex-Mex spice blend** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then add the **pork strips** and toss to coat. When the rice has **5 minutes** cook time remaining, heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook the **pork**, tossing, until browned and cooked through, **2-3 minutes** (cook in batches if your pan is getting crowded).



## Prep the avocado

While the pork is cooking, scoop the flesh out of the **avocado** (see ingredients) and cut into 1cm cubes.



## Serve up

Divide the garlic rice between bowls. Top with the pork strips, roasted veggies, **shredded Cheddar cheese** and avocado. Serve with the **Greek-style yoghurt**.

Enjoy!