



# BBQ Pork and Pepper Stew

with chipotle sauce and cheese

Quick Cook 20 – 25 mins • Spicy

15



Pork Mince



Rice



Bell Pepper



Central American Style Spice Mix



Garlic



Grated Cheese



Passata



Chicken Stock



BBQ Sauce



Chipotle Paste



Scallion

Pantry Items: Salt, Pepper, Oil, Water, Sugar, Butter



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater, pot with lid

## Ingredients

	2P	4P
Pork Mince	240 g	480 g
Rice	150 g	300 g
Bell Pepper	1 unit	2 units
Central American Style Spice Mix	2 sachets	4 sachets
Garlic	2 units	4 units
Grated Cheese	50 g	100 g
Passata	1 pack	2 packs
Chicken Stock	1 sachet	2 sachets
BBQ Sauce	2 sachets	4 sachets
Chipotle Paste	1 sachet	2 sachets
Scallion	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	454.5 g	100 g
Energy (kJ/kcal)	3135 kJ/ 749 kcal	690 kJ/ 165 kcal
Fat (g)	25.9 g	5.7 g
Sat. Fat (g)	11.9 g	2.5 g
Carbohydrate (g)	86.9 g	19.1 g
Sugars (g)	19.3 g	4.2 g
Protein (g)	38.5 g	8.5 g
Salt (g)	2.9 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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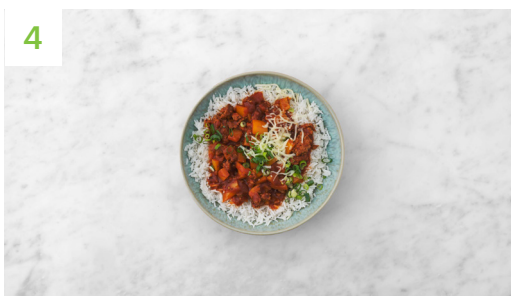


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### Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Remove the pot from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



### Dish Up

- When everything is ready, fluff up the **rice** with a fork and share between bowls.
- Top with the spicy **pork** stew.
- Finish with a scattering of **cheese** and sliced **scallion**.

### Enjoy!



### Fry the Mince

- Halve the **pepper** and discard the core and seeds. Chop into 1cm chunks.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **pork mince**, **Central American spice** and **pepper**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw mince.
- Peel and grate the **garlic** (or use a garlic press).
- Trim and thinly slice the **scallion**.



### Simmer the Stew

- Add the **garlic** to the **mince** and cook until fragrant, 1 min more.
- Stir through the **passata**, **stock**, ½ tsp **sugar** and 100ml **water** (double both for 4p).
- Simmer until slightly thickened, 4-6 mins. Remove the pan from the heat. Stir through the **BBQ sauce** and **chipotle paste**.
- Add a splash of **water** to loosen the sauce if required.
- Stir through a knob of **butter**. Season to taste with **salt** and **pepper**.