



Mexican-inspired Pork Chilli Bowl

with kidney beans and warmed tortillas

Family Quick Cook 20 – 25 mins

25



Pork Mince



Red Kidney Beans



Mexican Style Spice Mix



Chopped Tomato with Onion & Garlic



Dried Chilli Flakes



Garlic



Tortilla



Grated Cheese



Scallion



Creme Fraiche



Sweetcorn

Pantry Items: Salt, Sugar, Oil, Pepper



Rate your recipe!

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, sieve

Ingredients

	2P	4P
Pork Mince	240 g	480 g
Red Kidney Beans	1 pack	2 packs
Mexican Style Spice Mix	2 sachets	4 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Dried Chilli Flakes	1 sachet	2 sachets
Garlic	2 units	4 units
Tortilla	8 units	16 units
Grated Cheese	50 g	100 g
Scallion	1 unit	2 units
Crema Fraiche	65 g	110 g
Sweetcorn	1 pack	2 packs

Nutrition

	Per serving	Per 100g
for uncooked ingredients	752 g	100 g
Energy (kJ/kcal)	4418.3 kJ/ 1056 kcal	587.5 kJ/ 140.4 kcal
Fat (g)	43.8 g	5.8 g
Sat. Fat (g)	22.1 g	2.9 g
Carbohydrate (g)	102.2 g	13.6 g
Sugars (g)	20.8 g	2.8 g
Protein (g)	57.2 g	7.6 g
Salt (g)	6.4 g	0.9 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.

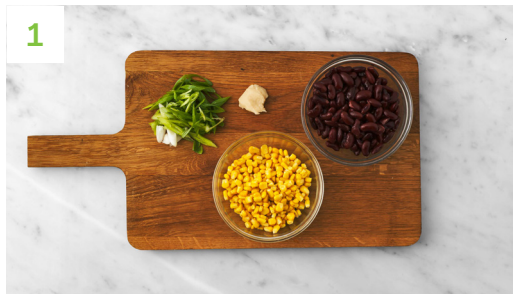
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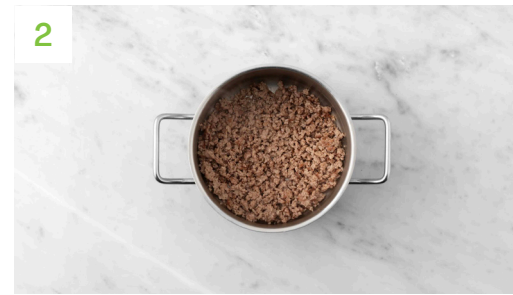
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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Drain and rinse the **sweetcorn** and **kidney beans** in a sieve.
- Trim and thinly slice the **scallion**.
- Peel and grate the **garlic** (or use a garlic press).

Little Chef's TIP: Kids can help to drain the kidney beans and sweetcorn.



Fry the Mince

- Place a pot over medium-high heat (without oil).
- Once hot, fry the **pork mince** until browned, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Use a spoon to break it up as it cooks. Season with **salt** and **pepper**.



Simmer the Chilli

- Add the **garlic** and **Mexican spice mix** (with a drizzle of **oil** if needed).
- Cook until fragrant, 1 min.
- Add the **chopped tomatoes**, **corn**, **kidney beans**, ¼ tsp **salt** and ½ tsp **sugar** (double both for 4p).
- Bring to the boil, cover and simmer for 6-8 mins.



Warm the Tortillas

- Meanwhile, pop the **tortillas** into the oven to warm, 1-2 mins.



Finishing Touches

- Once cooked, season the **pork** to taste with **salt** and **pepper**.
- Loosen the sauce with a splash of **water** if necessary.
- Stir in as much of the **chilli flakes** as you like (use less if you don't like spice—or if you're cooking for kids).



Dish Up

- Divide the **pork chilli** between bowls, topped with a dollop of **crema fraiche**.
- Scatter the **cheese** and **scallion** over the top.
- Serve warm **tortillas** alongside.

Enjoy!