



BBQ Pork and Pepper Stew

with chipotle sauce and cheese

20 – 25 mins • Spicy

1



Pork Mince



Rice



Bell Pepper



Central American Style Spice Mix



Garlic



Grated Cheese



Passata



Stock



BBQ Sauce



Chipotle Paste



Scallion



BBQ Rub

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



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.

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

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
Stock	1 sachet	2 sachets
BBQ Sauce	2 sachets	4 sachets
Chipotle Paste	1 sachet	2 sachets
Scallion	1 unit	2 units
BBQ Rub	1 sachet	2 sachets

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	964 kJ/ 166 kcal
Fat (g)	5.8 g
Sat. Fat (g)	2.6 g
Carbohydrate (g)	19.4 g
Sugars (g)	4.5 g
Protein (g)	8.5 g
Salt (g)	0.6 g

See site or app for detailed nutritional info.

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

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Make the Rice

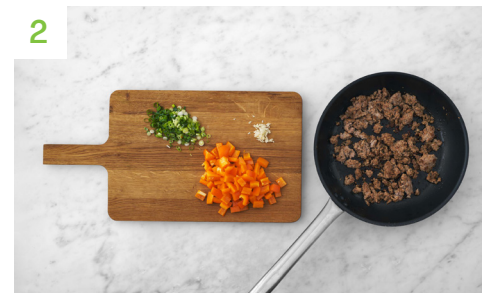
- Pour 300ml cold **salted water** (per 2P) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Remove the pot from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** 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**, **BBQ rub**, **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** (per 2P) and 100ml **water** (per 2P).
- 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**.