



# Courgette and Pork Chilli

with cannellini beans and rice

Family Quick Cook 25-30 mins • Eat me first

6



Pork Mince



Parsley



Cannellini Beans



Tomato Paste



Vegetable Stock



Grated Italian Style Hard Cheese



Dried Chilli Flakes



Courgette



Paprika



Central American Style Spice Mix



Rice



Onion

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

## 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

Pot with lid, sieve

## Ingredients

	2P	4P
Pork Mince	250 g	500 g
Parsley	5 g	10 g
Cannellini Beans	1 pack	2 packs
Tomato Paste	1 tin	2 tins
Vegetable Stock	1 sachet	2 sachets
Grated Italian Style Hard Cheese	25 g	50 g
Dried Chilli Flakes	1 sachet	2 sachets
Courgette	1 unit	2 units
Paprika	2 sachets	4 sachets
Central American Style Spice Mix	1 sachet	2 sachets
Rice	150 g	300 g
Onion	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	581 g	100 g
Energy (kJ/kcal)	3316 kJ/ 792 kcal	538 kJ/ 129 kcal
Fat (g)	21.1 g	3.6 g
Sat. Fat (g)	8.3 g	1.4 g
Carbohydrate (g)	95.6 g	15.5 g
Sugars (g)	12.5 g	1.3 g
Protein (g)	47.1 g	8.1 g
Salt (g)	4.8 g	0.8 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.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to rate this recipe.

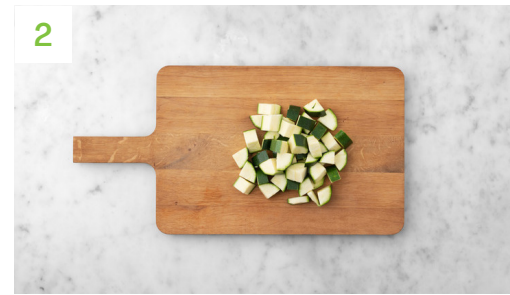


You can recycle me!



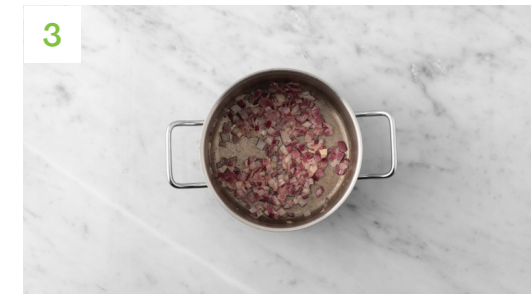
### 1 Make the Rice

- 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 from the heat.
- Keep covered for 10 mins or until ready to serve (the rice will continue to cook in its own steam).



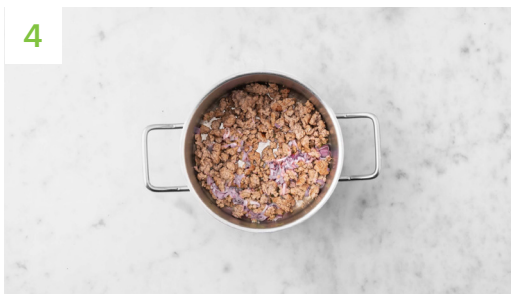
### 2 Prep the Veg

- Trim the **courgette** then quarter lengthways. Chop into 1cm chunks.
- Halve, peel and then finely chop the **onion**.
- Roughly chop the **parsley** (stalks and all).
- Drain and rinse the **cannellini beans** in a sieve.



### 3 Fry the Onion

- Place a large pot for the **chilli** over medium-high heat. Add a drizzle of **oil**.
- Once hot, add the **onion** and season with **salt** and **pepper**.
- Cook the **onion** until softened, 4-5 mins, stirring occasionally.



### 4 Add the Mince

- Add the **pork mince** and fry until browned, 4-5 mins.
- Break it up with a spoon as it cooks.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw meat. Mince is cooked when no longer pink in the middle.



### 5 Simmer the Chilli

- Add the **courgette** and **cannellini beans** to the pot along with the **Central American spice** and **paprika**. Cook for 1 min, stirring often.
- Add **tomato paste**, **stock powder** and 350ml **water** (double for 4p).
- Bring to the boil and simmer for 10-12 mins, or until the veg is tender.
- Stir in the **chilli flakes** (use less if you don't like spice).
- Season to taste with **salt**, **pepper** and **sugar**.

**TIP:** Loosen with a splash of water if necessary!



### 6 Finish and Serve

- Dish up spoonfuls of **rice** and top with hearty **chilli**.
- Garnish with **cheese** and chopped **parsley**.

**Enjoy!**