



Courgette and Pork Chilli

with cannellini beans and rice

Quick Cook 20-25 mins • Optional spice

15



Pork Mince



Courgette



BBQ Sauce



Cannellini Beans



Vegetable Stock



Grated Italian Style Hard Cheese



Dried Chilli Flakes



Creme Fraiche



Central American Style Spice Mix



Onion



Rice



Passata

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



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

Pot with lid, sieve

Ingredients

	2P	4P
Pork Mince	250 g	500 g
Courgette	1 unit	2 units
BBQ Sauce	2 sachets	4 sachets
Cannellini Beans	1 pack	2 packs
Vegetable Stock	1 sachet	2 sachets
Grated Italian Style Hard Cheese	25 g	50 g
Dried Chilli Flakes	1 sachet	2 sachets
Creme Fraiche	65 g	110 g
Central American Style Spice Mix	2 sachets	4 sachets
Onion	1 unit	2 units
Rice	150 g	300 g
Passata	1 pack	2 packs

Nutrition

	Per serving	Per 100g
for uncooked ingredients	721.5 g	100 g
Energy (kJ/kcal)	3904 kJ/ 933 kcal	541 kJ/ 129 kcal
Fat (g)	29.7 g	4.1 g
Sat. Fat (g)	13.5 g	1.9 g
Carbohydrate (g)	107.5 g	14.9 g
Sugars (g)	20.6 g	2.9 g
Protein (g)	48.5 g	6.7 g
Salt (g)	6.2 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

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



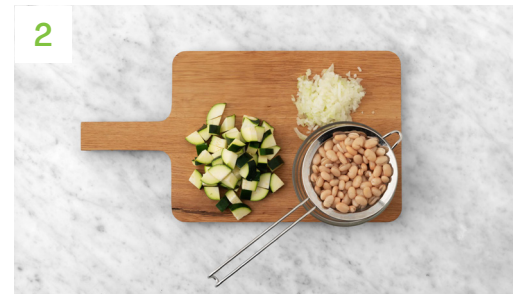
Make the Rice

- 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).



Add the Mince

- Add the **pork mince** and fry until browned, 4-5 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat. Mince is cooked when no longer pink in the middle.
- Break it up with a spoon as it cooks. Season with **salt** and **pepper**.
- Add the **cannellini beans** to the pot along with the **Central American spice**.
- Cook, stirring continuously, 1 min.



Prep the Veg

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



Simmer the Chilli

- Add **passata**, **stock powder**, **creme fraiche**, **courgette** and **chilli flakes** (use less if you don't like spice).
- Pour in 75ml **water** along with ¼ tsp **salt** and ½ tsp **sugar** (double both for 4p).
- Cover and cook for 6-8 mins.
- Taste and season with **salt**, **pepper** and **sugar**.

TIP: Loosen with a splash of water if necessary!



Fry the Onion

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** and cook until softened, stirring occasionally, 4-5 mins.



Finish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Top with spoonfuls of hearty **chilli**.
- Garnish with **cheese** and a drizzle of the **BBQ sauce**.

Enjoy!