



Pork Mince Chilli

with cannellini beans and courgette

Family Quick Cook 25-30 mins • Optional spice • Eat me first

3



Pork Mince



Courgette



Parsley



Cannellini Beans



Paprika



Tomato Paste



Vegetable Stock



Grated Italian Style Hard Cheese



Dried Chilli Flakes



Leek



Central American Style Spice Mix

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

Sieve

Ingredients

	2P	4P
Pork Mince	250 g	500 g
Courgette	1 unit	2 units
Parsley	5 g	10 g
Cannellini Beans	1 pack	2 packs
Paprika	1 sachet	2 sachets
Tomato Paste	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
Leek	½ unit	1 unit
Central American Style Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	513 g	100 g
Energy (kJ/kcal)	2171.5 kJ/ 519 kcal	423.3 kJ/ 101.2 kcal
Fat (g)	20.2 g	3.9 g
Sat. Fat (g)	8 g	1.6 g
Carbohydrate (g)	33.6 g	6.5 g
Sugars (g)	7.9 g	1.5 g
Protein (g)	42.3 g	8.2 g
Salt (g)	4 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

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

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Prep the Veg

- Trim the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice **half** (double for 4p).
- Trim the **courgette**, then quarter lengthways. Chop into 1cm chunks.
- Roughly chop the **parsley** (stalks and all).
- Drain and rinse the **cannellini beans** in a sieve.



Fry the Mince

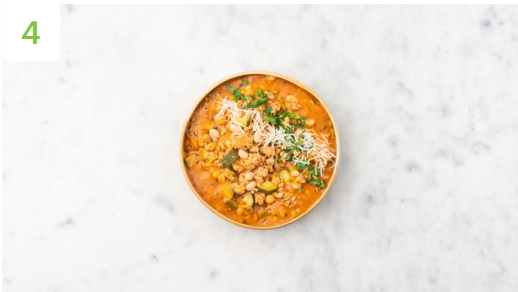
- Place a large pot over medium-high heat. Add a drizzle of **oil**.
- Once hot, add the chopped **leek** and season with **salt** and **pepper**.
- Cook the **leek** until softened, 4-5 mins, stirring occasionally.
- Add the **pork mince** and fry until browned, 4-5 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Mince is cooked when no longer pink in the middle.



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 500ml **water** (double for 4p).
- Bring to a boil and simmer for 10-12 mins, or until the vegetables are 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!



Finish and Serve

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

Enjoy!