



# LOADED PORK & BLACK BEAN CHILLI

with Brown Rice & Cheddar Cheese



Dry-fry black beans for a textural topper!



Brown Rice



Red Capsicum



Zucchini



Coriander



Lemon



Garlic



Carrot



Black Beans



Pork Mince



Mexican Fiesta Spice Blend



Passata



Shredded Cheddar Cheese



Greek Yoghurt

Hands-on: **30 mins**  
Ready in: **35 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Spicy (Mexican Fiesta spice blend)

Pop go the black beans in this fully loaded chilli! Fry them in a dry pan to make them crispy on the outside with a fluffy centre, the perfect topper for a soul-satisfying chilli made with pork mince, warming spices and veggies.

**Pantry Staples:** Olive Oil, Butter



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **large frying pan**



### 1 COOK THE BROWN RICE

Bring a medium saucepan of water to the boil. Add the **brown rice** and the **salt (for the rice)** and simmer, uncovered, until the rice is tender, **30 minutes**. Drain and return to the saucepan.



### 2 GET PREPPED

While the rice is cooking, cut the **red capsicum** into 1cm chunks. Roughly chop the **zucchini**. Roughly chop the **coriander**. Cut the **lemon** (see ingredients list) into wedges. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Drain and rinse the **black beans** (see ingredients list).



### 3 POP THE BEANS

In a large frying pan, heat a **drizzle of olive oil** over a high heat. When the oil is hot, add the **black beans** (see ingredients list) and cook, tossing, until they pop, **3-4 minutes**. Transfer to a plate. **TIP:** *The popped beans will be your garnish.*



### 4 START THE CHILLI

**SPICY!** *The spice blend is hot, use less if you're sensitive to heat.* Return the frying pan to a high heat with a **drizzle of olive oil**. Add the **capsicum, zucchini** and **carrot** and cook, stirring, until softened, **5 minutes**. Add the **pork mince** to the pan and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add the **garlic** and **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**.



### 5 FINISH THE CHILLI

Reduce the heat to medium and add the **passata** and a **good splash of water** to the pork mixture. Simmer until thickened, **2 minutes**. Stir through the **butter** and the **salt (for the sauce)** and season to taste with **pepper** and **sugar** if you feel it needs it.



### 6 SERVE UP

Divide the brown rice and pork chilli between bowls. Top with the popped black beans, **shredded Cheddar cheese**, **Greek yoghurt** and coriander. Squeeze over the juice from the lemon wedges.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown rice	1 packet	2 packets
salt* (for the rice)	½ tsp	1 tsp
red capsicum	1	2
zucchini	1	2
coriander	1 bag	1 bag
lemon	½	1
garlic	2 cloves	4 cloves
carrot	1	2
black beans	½ tin	1 tin
pork mince	1 packet	1 packet
Mexican Fiesta spice blend	1 sachet	2 sachets
passata	½ box (250 g)	1 box (500 g)
butter*	20 g	40 g
salt* (for the sauce)	¼ tsp	½ tsp
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)
Greek yoghurt	1 packet (100 g)	2 packets (200 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3630kJ (867Cal)	531kJ (127Cal)
Protein (g)	48.1g	7.0g
Fat, total (g)	38.6g	5.6g
- saturated (g)	20.8g	3.1g
Carbohydrate (g)	79.9g	11.7g
- sugars (g)	14.9g	2.2g
Sodium (g)	2010mg	295mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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