

# Loaded Pork Fajita Bowl

with Garlic Rice & Cheddar Cheese

Grab your Meal Kit with this symbol



Capsicum



Brown Onion



Corn



Garlic



Basmati Rice



Pork Strips



Tex-Mex Spice Blend



Coriander





Tomato



Shredded Cheddar Cheese



Greek-Style Yoghurt

 Hands-on: **25-35 mins**  
 Ready in: **30-40 mins**  
 Naturally gluten-free  
 Not suitable for Coeliacs

Make it Tex-Mex! That's our solution when we want a bright mix of colours and flavours – plus a bowl that makes everyone happy. This one starts with aromatic garlic rice and adds roasted veggies, lightly spiced pork strips and Cheddar for a burst of deliciousness in every bite!

### Pantry items

Olive Oil, Butter, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
brown onion	½	1
corn	1 cob	2 cobs
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
pork strips	1 small packet	1 large packet
salt*	¼ tsp	½ tsp
Tex-Mex spice blend	1 sachet	2 sachets
coriander	1 bag	1 bag
tomato	1	2
white wine vinegar*	1 tsp	2 tsp
shredded Cheddar cheese	1 medium packet	1 large packet
Greek-style yoghurt	1 packet (100g)	1 packet (200g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3409kJ (815Cal)	564kJ (135Cal)
Protein (g)	47.1g	7.8g
Fat, total (g)	31.6g	5.2g
- saturated (g)	16g	2.6g
Carbohydrate (g)	80.8g	13.4g
- sugars (g)	16.3g	13.4g
Sodium (mg)	1568mg	260mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **capsicum**. Slice the **brown onion** into wedges (see ingredients). Cut the **corn** cob into four pieces.



## Roast the veggies

Place the **capsicum, onion** and **corn** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **20-25 minutes**.



## Cook the garlic rice

While the veggies are roasting, finely chop the **garlic**. Melt the **butter** with a dash of **olive oil** in a medium saucepan over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice, water** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Flavour the pork

**SPICY!** This is a mild spice blend, but if you're sensitive to heat, feel free to add less. In a medium bowl, combine the **Tex-Mex spice blend** and a drizzle of **olive oil**. Season. Add the **pork strips** and toss to coat.



## Cook the pork

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **pork strips** in batches until golden, **2-3 minutes**. Roughly chop the **coriander**. Roughly chop the **tomato**. In a small bowl, combine the **coriander, tomato, white wine vinegar** and a drizzle of **olive oil**.



## Serve up

Divide the garlic rice between bowls. Top with the pork strips, roast veggies, dressed tomato and **shredded Cheddar cheese**. Serve with the **Greek-style yoghurt**.

Enjoy!