



# Loaded Pork Fajita Bowl

with Garlic Brown Rice & Fetta

Grab your Meal Kit with this symbol 



Garlic



Brown Rice



Chicken Stock



Capsicum



Red Onion



Zucchini



Coriander



Sweetcorn



All-American Spice Blend




Pork Strips




Greek Yoghurt



Fetta

 Hands-on: **25-35 mins**

Ready in: **35-45 mins**

 **Naturally gluten-free**  
Not suitable for Coeliacs

With a bright mix of colours and flavours, this Mexican bowl is bound to make everyone happy. This one starts with wholesome brown rice and adds roasted veggies and spiced pork strips for a nutritionally balanced meal bursting with deliciousness in every bite!

### Pantry items

Olive Oil

## 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

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

### Ingredients

|                          | 2 People        | 4 People        |
|--------------------------|-----------------|-----------------|
| olive oil*               | refer to method | refer to method |
| garlic                   | 3 cloves        | 6 cloves        |
| brown rice               | 1 packet        | 2 packets       |
| water*                   | 3 cups          | 6 cups          |
| chicken stock            | 1 cube          | 2 cubes         |
| capsicum                 | 1               | 2               |
| red onion                | ½               | 1               |
| zucchini                 | 1               | 2               |
| coriander                | 1 bag           | 1 bag           |
| sweetcorn                | 1 tin (125g)    | 1 tin (300g)    |
| All-American spice blend | 1 sachet        | 2 sachets       |
| pork strips              | 1 packet        | 1 packet        |
| Greek yoghurt            | 1 packet (100g) | 1 packet (200g) |
| fetta                    | 1 packet (25g)  | 1 packet (50g)  |

\*Pantry Items

### Nutrition

|                  | Per Serving     | Per 100g      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 2688kJ (642Cal) | 416kJ (99Cal) |
| Protein (g)      | 42.1g           | 6.5g          |
| Fat, total (g)   | 18.8g           | 2.9g          |
| - saturated (g)  | 6.3g            | 1g            |
| Carbohydrate (g) | 70.2g           | 10.9g         |
| - sugars (g)     | 19g             | 2.9g          |
| Sodium (mg)      | 1585mg          | 246mg         |

### Allergens

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

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



### 1. Cook the garlic brown rice

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). In a medium saucepan, add the **brown rice**, **water** and crumbled **chicken stock (1 cube for 2 people / 2 cubes for 4 people)** and bring to the boil. Reduce the heat to medium and simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain the **rice**. Add a **dash of olive oil** over a medium heat, and add **1/2 the garlic** and cook until fragrant, **1-2 minutes**. Return the **rice** to the saucepan and stir to combine. Remove from the heat.



### 4. Char the corn

While the veggies are roasting, drain the **sweetcorn**. Heat a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing occasionally, until lightly charred, **5-6 minutes**. Transfer to a small bowl.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out!



### 2. Prep the veggies

While the rice is cooking, cut the **capsicum** into 2cm strips. Cut the **red onion (see ingredients list)** into 2cm wedges. Cut the **zucchini** into 1cm batons. Roughly chop the **coriander**.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



### 5. Cook the pork

In a medium bowl, combine the **All-American spice blend**, **remaining garlic**, a **drizzle of olive oil** and a **pinch of salt and pepper**. Add the **pork strips** and toss to coat. When the **rice** has **10 minutes** cook time remaining, return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **pork strips** in batches and cook until browned and cooked through, **3-4 minutes**.



### 3. Roast the veggies

Place the **capsicum**, **onion** and **zucchini** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season generously with **salt** and **pepper** and toss to coat. Roast until softened, **20-25 minutes**.



### 6. Serve up

Divide the garlic brown rice between bowls. Top with the pork strips, roast veggies, **Greek yoghurt**, coriander and crumble over the **fetta**. Spoon over any pork resting juices and serve with the charred corn.

**Enjoy!**