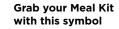
Loaded Pork Fajita Bowl

with Garlic Brown Rice & Fetta











Brown Rice



Chicken Stock







Red Onion





Sweetcorn

Coriander





All-American



Spice Blend





Greek Yoghurt



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 | 1/2 | 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 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.



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.



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.



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!



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.



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!