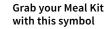


# Pork Fajita Brown Rice Bowl with Fetta & Roasted Veggies











Chicken Stock











Coriander



Sweetcorn





Pork Strips

Mexican Fiesta Spice Blend



Greek-Style Yoghurt



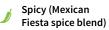
Fetta Cheese



Not suitable for Coeliacs



**Calorie Smart** 



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

 ${\sf Medium\ saucepan\cdot Large\ frying\ pan}$ 

### Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
brown rice	1 packet	2 packets	
water*	3 cups	6 cups	
chicken stock pot	1 tub (20g)	1 tub (40g)	
capsicum	1	2	
red onion	1/2	1	
zucchini	1	2	
garlic	2 cloves	4 cloves	
coriander	1 bag	1 bag	
sweetcorn	1 tin (125g)	1 tin (300g)	
pork strips	1 small packet	1 large packet	
Mexican Fiesta spice blend	1 sachet	2 sachets	
Greek-style yoghurt	1 packet (100g)	1 packet (200g)	
fetta cheese	1 small block (25g)	1 medium block (50g)	
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<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	2706kJ (646Cal)	438kJ (104Cal)
Protein (g)	41.9g	6.8g
Fat, total (g)	19.7g	3.2g
- saturated (g)	6.4g	1g
Carbohydrate (g)	70.1g	11.3g
- sugars (g)	18.5g	3g
Sodium (mg)	2167mg	350mg

## **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.



#### Cook the brown rice

Preheat the oven to 220°C/200°C fan-forced. In a medium saucepan, add the brown rice, water and chicken stock pot and bring to the boil. Reduce the heat to medium and simmer, uncovered, until the rice is soft, 25-30 minutes. Drain the rice.



## Prep the veggies

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

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



## 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**.



## Char the garlic corn

While the veggies are roasting, drain the **sweetcorn**. Finely chop the **garlic**. Heat a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing occasionally, until lightly charred, **5-6 minutes**. Reduce the heat to medium and add a drizzle of **olive oil**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a small bowl.

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



#### Cook the pork

SPICY! This spice blend is hot, use less if you're sensitive to heat. In a medium bowl, combine the pork strips and Mexican Fiesta spice blend. Drizzle with olive oil, season with salt and pepper 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. Cook the pork strips in batches, until browned and cooked through, 3-4 minutes.



#### Serve up

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

## Enjoy!