

Pork Fajita Brown Rice Bowl

with Fetta & Roasted Veggies

Grab your Meal Kit with this symbol



Brown Rice



Chicken Stock Pot



Capsicum



Red Onion



Zucchini



Garlic



Coriander



Sweetcorn



Pork Strips



Mexican Fiesta Spice Blend



Greek-Style Yoghurt



Fetta Cheese



Hands-on: **25-35 mins**
Ready in: **35-45 mins**



Naturally gluten-free
Not suitable for Coeliacs



Calorie Smart



Spicy (Mexican Fiesta spice blend)

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 · Large frying pan

Ingredients

	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	½	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)

*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!