

# Loaded Pork Fajita Bowl

with Brown Rice & Fetta

Grab your Meal Kit with this symbol



Brown Rice



Chicken Stock Pot



Capsicum



Red Onion



Zucchini



Sweetcorn



Garlic



Pork Strips



Mexican Fiesta Spice Blend



Greek-Style Yoghurt



Coriander



Fetta Cubes



Plant-Based Mince

Prep in: **25-35 mins**  
Ready in: **35-45 mins**

Calorie Smart\*  
*\*Custom recipe is not 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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown rice	1 medium packet	1 large packet
<b>water*</b>	3 cups	6 cups
chicken stock pot	1 packet (20g)	2 packets (40g)
capsicum	1	2
red onion	½	1
zucchini	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
garlic	2 cloves	4 cloves
pork strips	1 small packet	1 large packet
Mexican Fiesta spice blend 🌶️	1 medium sachet	2 medium sachets
Greek-style yoghurt	1 medium packet	1 large packet
coriander	1 bag	1 bag
fetta cubes	1 medium packet	1 large packet
plant-based mince**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2649kJ (633Cal)	499kJ (119Cal)
Protein (g)	40.5g	7.6g
Fat, total (g)	19.7g	3.7g
- saturated (g)	6.2g	1.2g
Carbohydrate (g)	70.2g	13.2g
- sugars (g)	16.2g	3.1g
Sodium (mg)	1985mg	374mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2884kJ (689Cal)	571kJ (136Cal)
Protein (g)	31.4g	6.2g
Fat, total (g)	27g	5.3g
- saturated (g)	7.5g	1.5g
Carbohydrate (g)	74.6g	14.8g
- sugars (g)	17.2g	3.4g
Sodium (mg)	2179mg	431mg

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.

## We're here to help!

Scan here if you have any questions or concerns



## Cook the brown rice

- Preheat the oven to **240°C/220°C fan-forced**.
- In a medium saucepan, add **brown rice**, the **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 **rice**.



## Char the garlic corn

- While the veg is roasting, drain **sweetcorn**. Finely chop **garlic**.
- Heat a large frying pan over high heat. Add **corn kernels** and cook, tossing occasionally, until lightly charred, **3-4 minutes**.
- Add **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!



## Prep the veg

- Meanwhile, cut **capsicum** into strips.
- Cut **red onion (see ingredients)** into wedges.
- Cut **zucchini** into thin sticks.



## Cook the pork

- **SPICY!** This spice blend is hot, use less if you're sensitive to heat. In a medium bowl, combine **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** remaining, return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **pork strips** in batches, until browned and cooked through, **2-3 minutes**. Transfer to a plate.

**Custom Recipe:** If you've swapped to plant-based mince, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook veggie mince and Mexican Fiesta spice blend, breaking up with a spoon, until just browned, 4-5 minutes.



## Roast the veg

- Place **veggies** on a lined oven tray.
- Drizzle with **olive oil**, season generously with **salt** and **pepper** and toss to coat. Roast until softened, **20-25 minutes**.



## Serve up

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

**Custom Recipe:** Top brown rice with the veggie mince.

## Rate your recipe

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