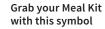
Loaded Pork Fajita Bowl with Brown Rice & Fetta



















Sweetcorn

Red Onion

Zucchini



Garlic



Pork Strips



Mexican Fiesta



Spice Blend



Coriander



Fetta Cubes



Pantry items Olive Oil

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



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!

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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 medium packet	1 large packet
water*	3 cups	6 cups
chicken stock pot	1 packet (20g)	2 packets (40g)
capsicum	1	2
red onion	1/2	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 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.



Prep the veg

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



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.



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!



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.



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.



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate