



Brazilian-Style Pork Fillet & Garlic Rice

with Chorizo-Bean Feijoada & Salsa

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Red Onion



Garlic & Herb Seasoning



Red Kidney Beans



Baby Spinach Leaves



Tomato



Cucumber



Coriander



Garlic Sauce



Mild Chorizo



Premium Pork Fillet

Prep in: **30-40 mins**
 Ready in: **40-50 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Go the extra mile for dinner with this weekend-worthy feast. The garlic-herb pork fillet works a treat with the chorizo-spiked feijoada (Brazilian bean stew); mop it up with the fluffy rice, and serve with a zingy salsa to cut the richness. Don't forget the side of creamy garlic sauce to bring it all together.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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 with a lid · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1 ¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
red onion	1	2
white wine vinegar*	¼ cup	½ cup
garlic & herb seasoning	1 medium sachet	1 large sachet
premium pork fillet	1 packet	2 packets
mild chorizo	½ packet (125g)	1 packet (250g)
red kidney beans	1 tin	2 tins
baby spinach leaves	1 small bag	1 medium bag
tomato	1	2
cucumber	1	2
coriander	1 bag	1 bag
garlic sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4567kJ (1092Cal)	597kJ (143Cal)
Protein (g)	74.8g	9.8g
Fat, total (g)	40.7g	5.3g
- saturated (g)	15.3g	2g
Carbohydrate (g)	96.4g	12.6g
- sugars (g)	13.7g	1.8g
Sodium (mg)	2165mg	283mg

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

2022 | CW34



1



Cook the garlic rice

- Preheat oven to **220°C/200°C fan-forced**. Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** and bring to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!

4



Cook the feijoada

- Meanwhile, roughly chop **mild chorizo** (see ingredients).
- Return frying pan to high heat with a drizzle of **olive oil**. Cook **chorizo** and remaining **onion**, stirring, until browned, **4-5 minutes**.
- Add **red kidney beans** (including the can liquid!) and remaining **garlic & herb seasoning** and cook, stirring, until thickened, **2-3 minutes**.

TIP: The liquid from the kidney bean can help season and thicken the sauce!

2



Pickle the onion

- Meanwhile, thinly slice **red onion**.
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch 1/2 the sliced **onion** in your hands, then add to **pickling liquid**. Add enough **water** to just cover **onion**. Set aside.

5



Make the salsa

- While the feijoada is cooking, roughly chop **baby spinach leaves**, **tomato**, **cucumber** and **coriander**.
- Drain **pickled onion**.
- In a small bowl, combine **spinach**, **tomato**, **cucumber**, **pickled onion**, 1/2 the **coriander** and a drizzle of **olive oil**. Season to taste.

3

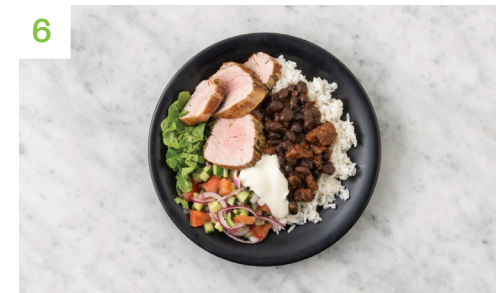


Cook the pork

- In a small bowl, combine 1/2 the **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Season **premium pork fillet** all over. When oil is hot, sear **pork** until browned, **1 minute** on all sides. Transfer to a lined oven tray.
- Pour **spice mixture** over **pork**, turning to coat. Roast for **12-14 minutes** for medium, or until cooked to your liking.
- Remove from oven, cover with foil and rest for **10 minutes**.

TIP: Pork can be served slightly blushing pink in the centre

6



Serve up

- Slice Brazilian-style pork fillet. Sprinkle remaining coriander over chorizo-bean feijoada.
- Take pork fillet, feijoada, salsa and garlic rice to the table.
- Serve with **garlic sauce**. Enjoy!

Rate your recipe

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