



# Loaded Pork Fajita Bowl

with Garlic Rice & Cheddar Cheese

Grab your Meal Kit with this symbol



Capsicum



Brown Onion



Corn



Garlic



Basmati Rice



Tex-Mex Spice Blend



Pork Strips



Tomato Salsa



Shredded Cheddar Cheese



Greek-Style Yoghurt

Hands-on: **25-35 mins**  
 Ready in: **30-40 mins**  
**Naturally Gluten-Free**  
*Not suitable for coeliacs*

Make it Tex-Mex! That's our solution when we want a bright mix of colours and flavours – plus a bowl that makes everyone happy. This one starts with aromatic garlic rice and adds roasted veggies, lightly spiced pork strips and Cheddar for a burst of deliciousness in every bite!

**Pantry items**  
 Olive Oil, Butter

## 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

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

## Ingredients

|                         | 2 People        | 4 People        |
|-------------------------|-----------------|-----------------|
| olive oil*              | refer to method | refer to method |
| capsicum                | 1               | 2               |
| brown onion             | ½               | 1               |
| corn                    | 1 cob           | 2 cobs          |
| garlic                  | 2 cloves        | 4 cloves        |
| butter*                 | 20g             | 40g             |
| basmati rice            | 1 medium packet | 1 large packet  |
| water*                  | 1 ½ cups        | 3 cups          |
| salt*                   | ¼ tsp           | ½ tsp           |
| Tex-Mex spice blend     | 1 sachet        | 2 sachets       |
| pork strips             | 1 small packet  | 1 large packet  |
| tomato salsa            | 1 medium packet | 1 large packet  |
| shredded Cheddar cheese | 1 medium packet | 1 large packet  |
| Greek-style yoghurt     | 1 medium packet | 1 large packet  |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3409kJ (815Cal) | 564kJ (135Cal) |
| Protein (g)      | 47.1g           | 7.8g           |
| Fat, total (g)   | 31.6g           | 5.2g           |
| - saturated (g)  | 16g             | 2.6g           |
| Carbohydrate (g) | 80.8g           | 13.4g          |
| - sugars (g)     | 16.3g           | 13.4g          |
| Sodium (mg)      | 1568mg          | 260mg          |

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.



## Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **capsicum**. Slice the **brown onion** into wedges (see ingredients). Cut the **corn cob** into four pieces.



## Roast the veggies

Place the **capsicum**, **onion** and **corn** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **20-25 minutes**.



## Cook the garlic rice

While the veggies are roasting, finely chop the **garlic**. Melt the **butter** with a dash of **olive oil** in a medium saucepan over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



## Flavour the pork

**SPICY!** *This is a mild spice blend, but if you're sensitive to heat, feel free to add less.* In a medium bowl, combine the **Tex-Mex spice blend** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **pork strips**, tossing to coat.



## Cook the pork

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **pork strips**, in batches, until golden and cooked through, **2-3 minutes**.



## Serve up

Divide the garlic rice between bowls. Top with the pork strips, roast veggies, **tomato salsa** and **shredded Cheddar cheese**. Serve with the **Greek-style yoghurt**.

Enjoy!

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