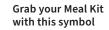
Loaded Pork Fajita Bowl with Garlic Rice & Cheddar Cheese

















Basmati Rice



Pork Strips



Spice Blend

Tomato Salsa



Shredded Cheddar Cheese



Greek-Style Yoghurt



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 \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
brown onion	1/2	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*	1/4 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 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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