



Loaded Pork Fajita Bowl

with Garlic-Spinach Rice & Cheddar

Grab your Meal Kit
with this symbol



	Sweet Potato		Capsicum
	Red Onion		Garlic
	Basmati Rice		Baby Spinach Leaves
	Sweetcorn		Lime
	Pork Strips		Tex-Mex Spice Blend
	Shredded Cheddar Cheese		Greek Yoghurt

- Hands-on: 25 mins
- Ready in: 35 mins
- Naturally gluten-free
- Not suitable for Coeliacs

Make it Mexican! 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, charred corn and lightly spiced pork strips 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

	4 People	refer to method
olive oil*		
sweet potato	1	
capsicum	2	
red onion	1	
garlic	4 cloves	
butter*	40g	
basmati rice	2 packets	
water*	3 cups	
salt*	½ tsp	
baby spinach leaves	1 bag (60g)	
sweetcorn	1 tin (300g)	
lime	1	
pork strips	1 packet	
Tex-Mex spice blend	1½ sachets	
shredded Cheddar cheese	1 packet (100g)	
Greek yoghurt	1 packet (200g)	

*Pantry items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3380kJ (807Cal)	573kJ (137Cal)
Protein (g)	55.9g	9.5g
Fat, total (g)	23.8g	4.0g
- saturated (g)	13.6g	2.3g
Carbohydrate (g)	87.0g	14.7g
- sugars (g)	16.7g	2.8g
Sodium (g)	1020mg	173mg

Allergens

Please visit HelloFresh.com.au/foodinfo for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Slice the **capsicum** into 1cm strips. Slice the **red onion** into 2cm wedges.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



2. Roast the veggies

Place the **sweet potato**, **capsicum** and **onion** on an oven tray lined with baking paper. Drizzle with **olive oil**, season generously with **salt** and **pepper** and toss to coat. Roast until softened, **20-25 minutes**.



3. Make the garlic-spinach rice

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). 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**, stir, 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**. Add the **baby spinach leaves** and stir through until wilted.



4. Char the corn

While the rice is cooking, drain the **sweetcorn**. Heat a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing occasionally, until lightly charred, **5-6 minutes**. Transfer to a small bowl. Slice the **lime** into wedges.

TIP: Cover the pan with a lid if the corn kernels are "popping" out!



5. Cook the pork

SPICY! This is a mild spice blend, but if you or the kids are extra sensitive to heat, feel free to add less. In a medium bowl, combine the **pork strips** and **1 1/2 sachets Tex-Mex spice blend**. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add **1/2 the pork strips** and cook until browned and cooked through, **3-4 minutes**. Transfer to a plate and repeat with the **remaining pork strips**.



6. Serve up

Divide the garlic-spinach rice between bowls. Top with the pork strips, roast veggies and **shredded Cheddar cheese**. Serve with the charred corn, **Greek yoghurt** and lime wedges.

Enjoy!