



Loaded Pork & Roast Veggie Fajita Bowl

with Garlic Brown Rice & Cheddar Cheese

Grab your Meal Kit with this symbol



Garlic



Brown Rice



Onion



Carrot



Kumara



Sweetcorn



All-American Spice Blend



Pork Loin Steaks



Shredded Cheddar Cheese



Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Roast veggies and pork is a taste sensation for hungry mouths. Spiced pork cooks to tender perfection when cut up into strips and the charred smoky corn is simply irresistible when partnered with a variety of roast veggies. Make sure to soak up all those flavours with a serving of brown rice with bursts of fragrant garlic.

Pantry items

Olive Oil

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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
brown rice	1 packet	2 packets
water*	3 cups	6 cups
salt*	¼ tsp	½ tsp
onion	1 (medium)	1 (large)
carrot	1	2
kumara	1 (medium)	1 (large)
sweetcorn	½ tin	1 tin
pork loin steaks	1 packet	1 packet
All-American spice blend	1 sachet	1 sachet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2849kJ (680Cal)	478kJ (114Cal)
Protein (g)	51.3g	8.6g
Fat, total (g)	21.5g	3.6g
- saturated (g)	8g	1.3g
Carbohydrate (g)	67.4g	11.3g
- sugars (g)	12.2g	2g
Sodium (mg)	1359mg	228mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the garlic brown rice

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **garlic**.
- In a medium saucepan, add **brown rice** and the **water** and bring to the boil. Reduce heat to medium and simmer, uncovered, until rice is soft, **25-30 minutes**. Drain.
- Return pan to medium heat with add a dash of **olive oil**. Cook **garlic** until fragrant, **1-2 minutes**.
- Return **rice** to the pan, then add the **salt** and stir to combine. Remove from heat.



Get prepped

- Meanwhile, slice **onion** into thick wedges. Slice **carrot** into thick sticks. Peel and cut **kumara** into thick sticks.



Roast the veggies

- Place **onion**, **carrot** and **kumara** 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 corn

- Meanwhile, drain **sweetcorn** (see ingredients).
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a small bowl.

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



Cook the pork

- Slice **pork loin steaks** into 1cm strips.
- In a medium bowl, combine **pork strips** and **All-American spice blend**. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- When the rice has **5 minutes** cook time remaining, return the frying pan to high heat with a drizzle of **olive oil**. Cook **pork strips** in batches, tossing, until golden, **2-3 minutes**.



Serve up

- Divide garlic brown rice between bowls. Top with pork strips and roasted veggies.
- Sprinkle over **shredded Cheddar cheese** and charred corn to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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