



Loaded Pork Fajita Bowl

with Garlic Rice & Cheddar Cheese

Grab your Meal Kit with this symbol



Tomato



Red Onion



Sweetcorn



Garlic



Basmati Rice



Lemon



Coriander



Pork Loin Steaks



Tex-Mex Spice Blend



Shredded Cheddar Cheese



Sour Cream

Hands-on: **30-40** mins
Ready in: **35-45** mins

This fantastic fajita bowl 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

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
red onion	½	1
sweetcorn	½ tin	1 tin
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
lemon	½	1
coriander	1 bunch	1 bunch
pork loin steaks	1 packet	1 packet
Tex-Mex spice blend	1 sachet	2 sachets
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sour cream	1 packet (100g)	1 packet (175g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3520kJ (841Cal)	642kJ (153Cal)
Protein (g)	55.2g	10.1g
Fat, total (g)	30.4g	5.6g
- saturated (g)	18.0g	3.3g
Carbohydrate (g)	81.6g	14.9g
- sugars (g)	10.3g	1.9g
Sodium (mg)	1040mg	190mg

Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Slice the **tomato** into 3cm wedges. Slice the **red onion** (see ingredients list) into 2cm wedges. Drain the **sweetcorn** (see ingredients list).



2. Roast the veggies

Spread the **tomato** and **onion** over 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. Cook the garlic rice

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, then 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!



4. Char the corn

While the rice is cooking, heat a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing occasionally, until lightly charred, **4-5 minutes**. Transfer to a small bowl. Slice the **lemon** (see ingredients list) into wedges. Roughly chop the **coriander**.

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



5. Cook the pork

Slice the **pork loin steaks** into 2cm strips. In a medium bowl, combine the **Tex-Mex spice blend**, a **drizzle** of **olive oil** and season with **salt** and **pepper**. Add the **pork strips** and toss to coat. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add **1/2** the **pork** and cook until browned and cooked through, **3-4 minutes**. Transfer to a plate and repeat with the **remaining pork strips**.



6. Serve up

Stir the coriander through the rice. Divide the garlic rice between bowls. Top with the pork strips, roasted veggies and **shredded Cheddar cheese**. Serve with the charred corn, **sour cream** and the lemon wedges.

Enjoy!