

Courgette and Pork Chilli

cannellini beans and leek

Classic • 25-30 mins • Eat me first • Optional spice

2



Pork Mince



Courgette



Parsley



Cannellini Beans



Italian Herbs



Tomato Paste



Vegetable Stock



Grated Cheddar



Dried Chilli Flakes



Leek

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Sieve

Ingredients

	2P	4P
Pork Mince	250 g	500 g
Courgette	1 unit	2 units
Parsley	5 g	10 g
Cannellini Beans	1 pack	2 packs
Italian Herbs	½ sachet	1 sachet
Tomato Paste	1 pack	2 packs
Vegetable Stock	1 sachet	2 sachets
Grated Cheddar	50 g	100 g
Dried Chilli Flakes	1 sachet	2 sachets
Leek	½ unit	1 unit

Nutrition

	Per serving	Per 100g
for uncooked ingredients		
Energy (kJ/kcal)	513 g 2447.3 kJ/ 584.9 kcal	100 g 463.07 kJ/ 110.6 kcal
Fat (g)	25.9 g	4.9 g
Sat. Fat (g)	11.5 g	4.9 g
Carbohydrate (g)	34 g	6.5 g
Sugars (g)	7.9 g	1.5 g
Protein (g)	45 g	8.7 g
Salt (g)	4.23 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
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You can recycle me!



Prep the Veg

- Trim the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice **half** (double for 4p).
- Trim the **courgette**, then quarter lengthways. Chop into 1cm chunks.
- Roughly chop the **parsley** stalks and all.
- Drain and rinse the **cannellini beans** in a sieve.



Fry the Mince

- Place a large pot for the **chilli** over a medium-high heat. Add a drizzle of **oil**.
 - Once hot, add the chopped **leek** and season with **salt** and **pepper**.
 - Cook the **leek** until softened, 4-5 mins, stirring occasionally.
 - Add the **pork mince** and fry until browned, 4-5 mins. Season with **salt** and **pepper**.
- IMPORTANT:** Wash your hands and equipment after handling raw meat. The meat is cooked when no longer pink in the middle.



Simmer the Chilli

- Add **half the Italian herbs** (double for 4p), **courgette** and **cannellini beans** to the pot. Cook for 1 min, stirring often.
- Add **tomato paste**, **stock** and 500ml **water** (double for 4p).
- Bring to a boil and simmer for 10-12 mins, or until the vegetables are tender.
- Stir in the **chilli flakes** (use less if you don't like spice).
- Season to taste with **salt**, **pepper** and **sugar**.



Finish and Serve

- Dish up spoonfuls of hearty **chilli**.
- Garnish with chopped **parsley** and grated **cheese**.

Enjoy!