



Jerk-Spiced Pork

with Coconut Rice and Pineapple

N° 17

BALANCED 20 Minutes • Under 600 Calories • Medium Heat • 2 of your 5 a day



Onion



Green Pepper



Green Beans



Garlic



Pork Mince



Pineapple Rings



Soy Sauce



Jerk Spice Mix



Coconut Basmati Rice

Before you start

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

Basic cooking tools you will need:

Fine Grater, Large Frying Pan and Small Frying Pan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Green Pepper**	1	1	2
Green Beans**	1 small pack	1 large pack	1 large pack
Garlic**	1	2	2
Pork Mince	240g	360g	480g
Pineapple Rings	1 tin	1½ tins	2 tins
Soy Sauce 11 13	1 sachet	1½ sachets	2 sachets
Jerk Spice Mix	1 pot	1½ pots	2 pots
Coconut Basmati Rice	1 pouch	1½ pouches	2 pouches

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	522g	100g
Energy (kJ/kcal)	2169 / 519	416 / 99
Fat (g)	19	4
Sat. Fat (g)	8	2
Carbohydrate (g)	54	10
Sugars (g)	17	3
Protein (g)	32	6
Salt (g)	2.80	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya **13)** Gluten

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Prep

a) Halve, peel and thinly slice the **onion**. Halve the **pepper** and discard the core and seeds. Chop into 2 cm chunks.

b) Trim the **green beans** and chop into thirds.

c) Peel and grate the **garlic** (or use a garlic press).



4. Spice It Up!

a) Once the **veg** has softened, add the **Jerk spice mix** to the mix along with the **garlic** and cook for 2 mins.

b) Season the **pork** with **salt** and **pepper**.

c) Keep cooking until the **pork** is cooked through and the **veggies** are tender. **TIP:** Add a splash of water if the mixture is catching to the bottom of the pan. **IMPORTANT:** The pork is cooked when no longer pink in the middle.



2. Fry the Pork and Veg

a) Heat a splash of **oil** in a large frying pan over medium-high heat.

b) When hot, add the **pork mince** and fry until brown, 2-3 mins. Use your spoon to break it up as it cooks.

c) Add the **onion, pepper** and **green beans** to the frying pan and cook until beginning to soften, 4-5 mins. Stir occasionally.



5. Add the Rice

a) Add the **coconut rice** to the pan with **pork** and cook until piping hot, 2-3 mins.

b) Break the **rice** up with your spoon as it cooks.

c) Stir in the **pineapple** and **sauce** and season to taste with **salt** and **pepper**. Get ready to serve.



3. Pineapple Time

a) Meanwhile, remove the **pineapple rings** from the tin (reserve the juice -you'll need it in a second). Chop into small 1 cm chunks.

b) Pop the **chunks** and **juice** into a small pan, add the **soy sauce** and cook over medium-high heat until the **mixture** has thickened, 6-8 mins.



6. Serve

a) Share the **rice** and **pork** between your bowls.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sugar • High Protein

Featured Ingredient: Peppers, are a source of Vitamin C, which acts as an antioxidant that contributes to the protection of cells from oxidative stress.