



# Pork, Black Bean and Cheese Burritos

with Lime and Coriander Rice

**Rapid** 20 Minutes • Little Spice



Pork Mince



Black Beans



Mexican Style Spice



Tomato Puree



Chicken Stock Paste



BBQ Sauce



Cheddar Cheese



Wholewheat Tortilla



Steamed Lime & Coriander Basmati Rice

## Before you start

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

## Cooking tools, you will need:

Frying Pan, Wooden Spoon, Bowl, Potato Masher, Measuring Jug, Grater, Baking Tray, Plate.

## Ingredients

	2P	3P	4P
Pork Mince**	240g	360g	480g
Black Beans	1 carton	1½ cartons	2 cartons
Mexican Style Spice	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the sauce*	150ml	225ml	300ml
Chicken Stock Paste	10g	15g	20g
BBQ Sauce <b>13</b>	1 sachet	1½ sachets	2 sachets
Cheddar Cheese <b>7</b> **	30g	45g	60g
Wholewheat Tortilla <b>13</b>	4	6	8
Steamed Lime & Coriander Basmati Rice	1 pouch	1½ pouches	2 pouches

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>502g</b>	<b>100g</b>
Energy (kJ/kcal)	3626/867	723/173
Fat (g)	34	7
Sat. Fat (g)	15	3
Carbohydrate (g)	93	19
Sugars (g)	8	1
Protein (g)	42	8
Salt (g)	3.26	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Fry the Mince

- Heat your oven to 200°C.
- Heat a large frying pan on high heat with a drizzle of **oil**.
- Once hot, add the **pork mince** and fry, using a spoon to break up the **mince**. Cook until golden brown all over, 3-4 mins. **IMPORTANT:** *Wash your hands after handling raw mince.*
- Drain and rinse the **black beans**, pop half of them into a bowl and roughly mash them with the back of a fork or a **potato** masher.



## Make the Filling

- Add the **Mexican spice** and **tomato puree** to the **pork** and cook, stirring, for 1 min.
- Add the **water** (see ingredients for amounts) and the **chicken stock paste**, **BBQ sauce** and the whole and **mashed beans** with **salt** and **pepper** to taste.
- Bring to a simmer and cook, stirring regularly, until thickened, 6-8 mins. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



## Say Cheese

- Meanwhile, grate the **cheese** coarsely and set aside.



## Tortilla Time

- Lay the **tortilla wraps** on a baking tray and pop in the oven until warmed through, 3-4 mins.



## Nice Rice

- Heat the **rice** according to pack instructions.



## Assemble

- Lay a **warmed tortilla wrap** in the middle of a wide piece of foil.
- Add a **quarter** of the **rice** in a line down the middle, followed by a **quarter** of the **pork mixture** and a **quarter** of the **cheese**.
- Wrap them tightly up in the foil. You can serve these as **wraps** without the foil if you prefer.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.