



PULLED PORK CARNITAS BOWL

with Charred Corn Salsa & Garlic Rice



Make a speedy
pork carnitas



Garlic



Basmati Rice



Tomato



Sweetcorn



Spring Onion



Coriander



Lemon



Tex-Mex
Spice Blend



Tomato Paste



Pulled Pork



Shredded Cheddar
Cheese



Sour Cream

Hands-on: **25 mins**
Ready in: **30 mins**

Naturally gluten-free
Not suitable for Coeliacs

Ready for some dinnertime magic? With a little sleight of hand, our ready-to-go pulled pork becomes pork carnitas, the saucy Mexican version that's out-of-this-world delicious. Use it to make this fast and flavourful rice bowl.

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium saucepan** with a **lid** • **large frying pan**



1 COOK THE GARLIC RICE

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 **1/2 the garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt** and 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!



2 GET PREPPED

While the rice is cooking, roughly chop the **tomato**. Drain the **sweetcorn**. Thinly slice the **spring onion**. Roughly chop the **coriander**. Zest the **lemon** to get a **good pinch**, then slice into wedges.



3 CHAR THE CORN

Heat a large frying pan over a high heat. Add the **corn** kernels and cook until lightly browned, **4-5 minutes**. **TIP:** Cover the pan with a lid if the kernels are "popping" out. Transfer to a medium bowl.



4 MAKE THE PORK CARNITAS

Leave the frying pan to cool slightly, then return to a medium-high heat with a **drizzle of olive oil**. Add the **Tex-Mex spice blend** and **remaining garlic** and cook until fragrant, **1-2 minutes**. Add the **tomato paste** and cook, stirring, for **1 minute**. Add the **water (for the sauce)** and stir to combine. Add the **pulled pork**, breaking it up with a spoon, and cook until heated through, **2 minutes**. Season to taste with **pepper**. Add a **splash of water** if the pork mixture is too dry.



5 MAKE THE SALSA

To the bowl with the **corn**, add the **tomato**, **spring onion**, **1/2 the coriander**, a **good squeeze of lemon juice**, the **lemon zest** and a **pinch of salt and pepper**. Toss well to coat.



6 SERVE UP

Divide the garlic rice between bowls. Top with the pork carnitas, charred corn salsa, **shredded Cheddar cheese** and **sour cream**. Garnish with the remaining coriander. Serve with any remaining lemon wedges.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	6 cloves
butter*	40g
basmati rice	2 packets
water* (for the rice)	3 cups
salt*	1/2 tsp
tomato	2
sweetcorn	1 tin (300g)
spring onion	1 bunch
coriander	1 bunch
lemon	1
Tex-Mex spice blend	2 sachets
tomato paste	2 sachets
water* (for the sauce)	1 cup
pulled pork	1 packet
shredded Cheddar cheese	1 packet (100g)
sour cream	1 packet (200g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3360kJ (803Cal)	718kJ (172Cal)
Protein (g)	44.7g	9.6g
Fat, total (g)	31.4g	6.7g
- saturated (g)	18.7g	4.0g
Carbohydrate (g)	80.5g	17.2g
- sugars (g)	11.9g	2.5g
Sodium (g)	1650mg	352mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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