



Speedy Cajun Pork Rice Bowl

with Avocado, Tomato Salsa and Cheese

Very Hot

Preparation time : 20 min.



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|-------------------------|---------------------|
| | |
| Mature Cheddar Cheese | Lime |
| | |
| Medium Tomato | Basmati Rice |
| | |
| British Pork Mince | Avocado |
| | |
| Tomato Passata | Cajun Spice Mix |
| | |
| Chicken Stock Paste | Sugar for the Sauce |
| | |
| Water for the Sauce | Butter |
| | |
| Olive Oil for the Salsa | Sugar for the Salsa |



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/speedy-cajun-pork-rice-bowl-150>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Medium Saucepan, Grater, Bowl, Kettle, Sieve, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Mature Cheddar Cheese (grams)	30	50	60
Lime (unit(s))	1	1½	2
Medium Tomato (unit(s))	2	3	4
Basmati Rice (grams)	150	225	300
British Pork Mince (grams)	240	360	480
Avocado (unit(s))	1	2	2
Tomato Passata (carton(s))	1	1½	2
Cajun Spice Mix (sachet(s))	1	1	2
Chicken Stock Paste (grams)	10	15	20
Sugar for the Sauce (tsp)	1	1½	2
Water for the Sauce (milliliter(s))	50	75	100
Butter (grams)	20	30	40
Olive Oil for the Salsa (tbsp)	1	1½	2
Sugar for the Salsa (tsp)	½	¾	1

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	4060 kJ
Energy (kcal)	970 kcal
Fat	55.8 g
of which saturates	21.6 g
Carbohydrate	78.2 g
of which sugars	11.6 g
Dietary Fibre	7.2 g
Protein	36.7 g
Salt	2.26 g

Allergens

Milk

Always check the product labels for allergen information.



Get your Rice On

- a)** Boil a half-full kettle.
- b)** Meanwhile, grate the **cheese**. Halve the **lime**. Cut the **tomatoes** into 1cm chunks.
- c)** Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- d)** Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Fry the Mince

- a)** While the **rice** cooks, heat a large frying pan on medium-high heat (no oil).
- b)** Once hot, add the **pork mince**. Fry until the **mince** has browned, 5-6 mins.
- c)** Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Time to Salsa

- a)** While the **mince** cooks, halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 1cm chunks.
- b)** Pop the **avocado** into a small bowl, drizzle with some **olive oil** and squeeze in some **lime juice**. Season with **salt** and **pepper** and mix together. Set the **avocado** aside.
- c)** Squeeze the remaining **lime juice** into a small bowl and add a pinch of **salt** and **pepper**. Add the **olive oil** and **sugar** (see pantry for both amounts). Mix together and add the **tomatoes**. Mix again and set aside.



Add the Flavour

- a)** When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- b)** Stir in the **passata**. **Cajun spice mix** (add less if you'd prefer things milder), **chicken stock paste** and the **sugar** and **water for the sauce** (see pantry for both amounts).



Simmer and Season

- a)** Bring to the boil, then lower the heat and simmer until thickened, 2-3 mins.
- b)** Once the **sauce** has thickened, stir in the **butter** until melted (see pantry for amount), then remove from the heat.
- c)** Taste and season with **salt**, **pepper** and a good squeeze of remaining **lime juice**.



Serve

- a)** Share the **rice** between your bowls.
- b)** Spoon over the **pork** and top with the **cheese**, **avocado** and **tomato salsa**.
- c)** Serve any remaining **lime wedges** for squeezing over.

Enjoy your meal!