

HELLO Loaded Pork Fajita Bowls with Pice Posted Veggies and Chadden C

with Rice, Roasted Veggies and Cheddar Cheese

Family Friendly 30-40 Minutes









2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥











boneless 340 g | 680 g

Basmati Rice 3/4 cup | 1 ½ cups



Pepper



Zucchini

1 2

1 | 2







Cilantro 7g | 14g







Tomato

Mexican Seasoning 2 tbsp | 4 tbsp



1 | 2

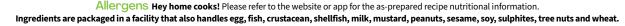


Cheddar Cheese. shredded 1/4 cup | 1/2 cup

Lime







Cooking utensils | Aluminum foil, 2 baking sheets, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, zester



Cook rice

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Bring 1 ¼ cups (2 ½ cups) water, 1 tbsp (2 tbsp) butter and half the Mexican **Seasoning** to a boil in a covered medium pot.
- Add rice to the pot of boiling broth. Reduce heat to low.
- · Cook, still covered, until rice is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



Cook pork

2 Double | Pork Chops

O Swap | Tofu

- Meanwhile, pat pork dry with paper towels. Season with salt, pepper and remaining Mexican Seasoning.
- · Heat a large non-stick pan over medium-high heat.
- When hot, add ½ tbsp (1 tbsp) oil, then pork.
- Pan-fry, until golden, 2-3 min per side.
- When **pork** is golden, transfer to another unlined baking sheet.
- Roast, in the **top** of the oven, until cooked through, 10-13 min.**
- When pork is done, transfer to a clean cutting
- board. Cover loosely with foil to rest, 3-5 min.



Prep veggies

- Meanwhile, core, then cut pepper into ½-inch strips.
- Peel, halve, then cut onion into ¼-inch slices.
- Finely chop 1 tbsp (2 tbsp) of the onions, then place in a medium bowl. (TIP: If you don't like raw onions in your salsa, leave in slices and roast all the onions in step 3.)
- Cut zucchini in half lengthwise, then into 1/2-inch thick half-moons.



Roast veggies

- Add peppers, zucchini, sliced onions and 1 tbsp (2 tbsp) oil to an unlined baking sheet. Season with salt and pepper, then toss to combine.
- Roast in the middle of the oven, stirring halfway through, until tender, 18-20 min.



Make salsa

- Meanwhile, roughly chop cilantro.
- Zest, then juice half the lime. Cut remaining lime into wedges.
- Cut tomato into ½-inch pieces.
- Add tomatoes, half the cilantro, ½ tbsp (1 tbsp) lime juice, ¼ tsp (½ tsp) sugar and 1/2 tbsp (1 tbsp) oil to the bowl with chopped onions. Toss to combine.



Finish and serve

- Fluff rice with a fork. Stir in remaining cilantro.
- Thinly slice pork.
- Divide rice between bowls.
- Top with veggies, pork and any pork resting
- Top with salsa, then sprinkle cheddar **cheese** over top.

Measurements within steps

1 tbsp 2 person 4 person

oil

Ingredient

4 | Cook pork

ಬ Double | Pork Chops

If you've opted for **double pork**, prepare and cook it in the same way the recipe instructs you to cook the **regular portion of pork**. Work in batches, if necessary.

4 | Cook tofu

O Swap | Tofu

If you've opted to get tofu, pat tofu dry with paper towels. Cut **tofu** in half, parallel to the cutting board. (NOTE: You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season **tofu** in the same way the recipe instructs you to season the pork chops. When the pan is hot, add 1 tbsp (2 tbsp) oil, then tofu. Pan-fry until golden, 2-3 min per side. Transfer tofu to another unlined baking sheet. Roast in the top of the oven until tender and golden, 6-8 min. Follow the rest of the recipe as written.