





Loaded Pork Fajita Bowls

with Rice, Roasted Veggies and Cheddar Cheese










Family Friendly 30-40 Minutes

Customized Protein **+** Add **↻** Swap or ***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](http://www.hellofresh.ca)

*2 Double 	↻ Swap 
Pork Chops, boneless 680 g 1360 g	Tofu 1 2



	
Pork Chops, boneless 340 g 680 g	Basmati Rice ¾ cup 1 ½ cups
	
Sweet Bell Pepper 1 2	Zucchini 1 2
	
Cilantro 7 g 14 g	Red Onion 1 2
	
Tomato 1 2	Mexican Seasoning 2 tbsp 4 tbsp
	
Cheddar Cheese, shredded ¼ cup ½ cup	Lime 1 2

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Unsalted butter, oil, salt, pepper, sugar

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

1



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.

4



Cook pork

*2 Double | **Pork Chops**

🔄 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.

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

2



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 ½-inch thick half-moons.

5



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 ½ **tbsp** (1 **tbsp**) **oil** to the bowl with **chopped onions**. Toss to combine.

3



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.

6



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 juices**.
- Top with **salsa**, then **sprinkle cheddar cheese** over top.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

4 | Cook pork

*2 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

🔄 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.