



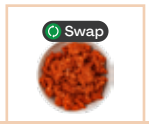
Cal Smart Cajun Pork and Kidney Beans

with Green Onion Wild Rice Medley

Smart Meal

Spicy

30 Minutes



Chorizo Sausage, uncased
250 g | 500 g

Custom Recipe

+ 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](https://www.hellofresh.ca)



Ground Pork
250 g | 500 g



Wild Rice Medley
½ cup | 1 cup



Kidney Beans
370 ml | 740 ml



Green Bell Pepper
1 | 2



Celery
3 | 6



Tomato Sauce Base
2 tbsp | 4 tbsp



Cajun Spice Blend
1 tbsp | 2 tbsp



Smoked Paprika-Garlic Blend
1 tbsp | 2 tbsp



Chicken Broth Concentrate
1 | 2



Green Onion
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 | Oil, salt, pepper

Cooking utensils | Measuring spoons, medium pot, measuring cups, large non-stick pan, strainer

1



Cook rice

• Before starting, wash and dry all produce.

- Combine **wild rice medley**, **1 cup** (2 cups) **water** and **¼ tsp** (½ tsp) **salt** in a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 18-20 min.
- Remove the pot from heat. Set aside, still covered.

2



Prep

- Core, then cut **pepper** into ½-inch pieces.
- Cut **celery** into ¼-inch slices.
- Thinly slice **green onion**, keeping white and green parts separate.
- Drain and rinse **kidney beans**.

3



Cook pork and veggies

🔄 Swap | **Chorizo Sausage, uncased**

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **2 tsp** (4 tsp) **oil**, then **pork**. Break up **pork** into smaller pieces.
- Add **peppers**, **celery** and **green onion whites**.
- Cook, stirring occasionally, until no pink remains in **pork**, 4-5 min.**

4



Make stew

- Add **tomato sauce base**, **Cajun Spice Blend** and **Smoked Paprika-Garlic Blend**. Stir to combine.
- Add **kidney beans**, **broth concentrate** and **1 cup** (1 ½ cups) **water**. Reduce heat to medium.
- Cook, stirring often, until **stew** thickens slightly, 5-6 min. Remove from heat. Season with **salt** and **pepper**, to taste.

5



Finish rice

- Fluff **rice** with a fork, then stir in **green onion greens**.

6



Finish and serve

- Divide **stew** between bowls.
- Top with a scoop of **rice**.

Measurements
within steps

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

3 | Cook

🔄 Swap | **Chorizo Sausage, uncased**

If you've opted to get **chorizo**, cook it in the same way the recipe instructs you to cook the **pork****

** Cook to a minimum internal temperature of 74°C/165°F.



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