



Pork and Poblano Bowls

with Black Beans and Rice

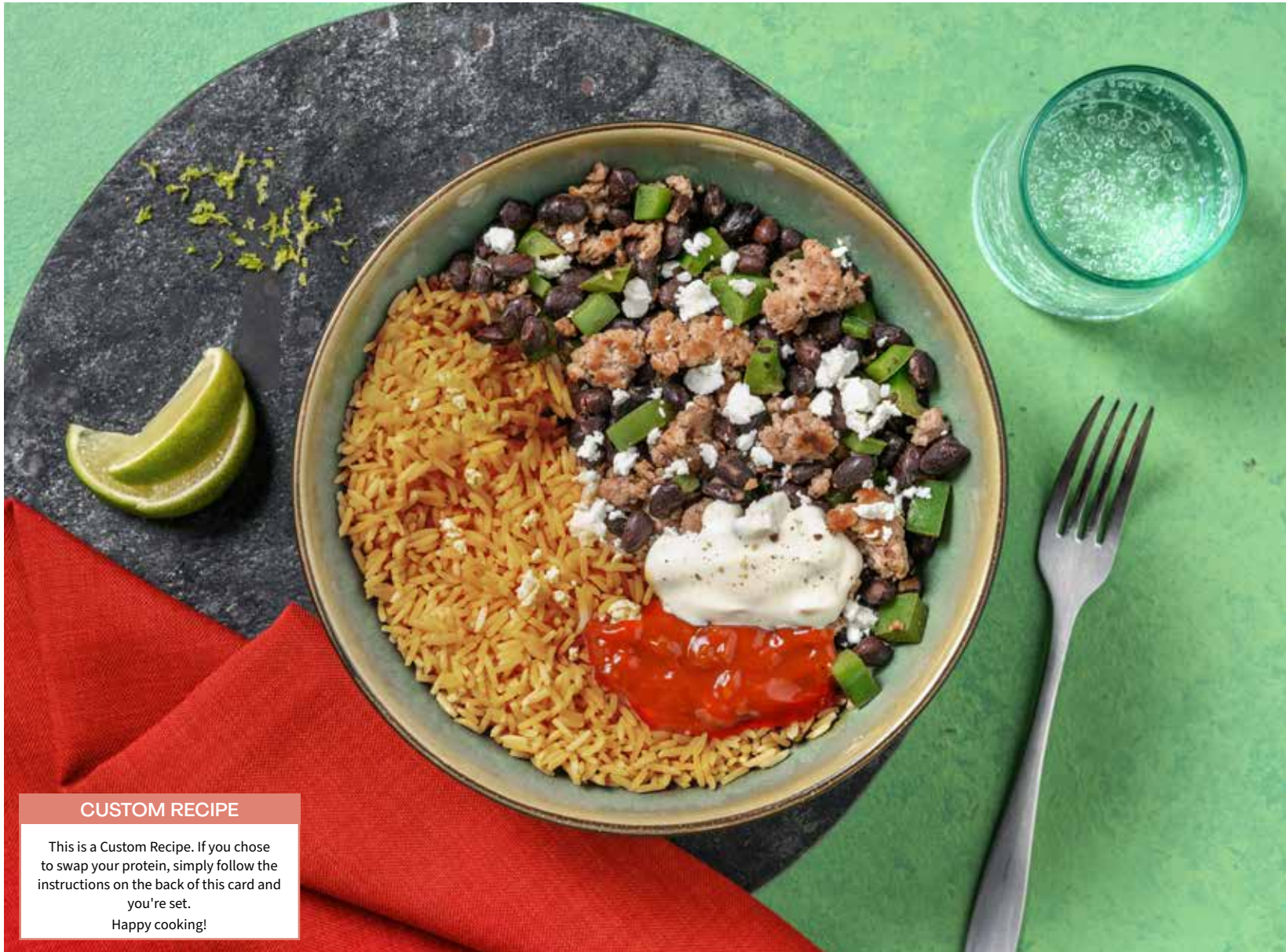
Spicy

Quick

25 Minutes



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Ground Pork



Chicken Breasts



Basmati Rice



Black Beans



Poblano Pepper



Tex-Mex Paste



Onion, chopped



Lime



Tomato Salsa



Sour Cream



Feta Cheese,
crumbled



Garlic Salt

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO LIME ZEST

Punch up the flavour of crema and rice with a sprinkle of lime zest!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Colander, measuring spoons, zester, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Chicken Breasts	2	4
Basmati Rice	¾ cup	1 ½ cups
Black Beans	370 ml	740 ml
Poblano Pepper	160 g	320 g
Tex-Mex Paste	1 tbsp	2 tbsp
Onion, chopped	56 g	113 g
Lime	1	1
Tomato Salsa	½ cup	1 cup
Sour Cream	3 tbsp	6 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.

1



Cook rice

- Heat a medium pot over medium heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **rice**, **half the garlic salt** and **1 tsp** (2 **tsp**) **Tex-Mex Paste**. Cook, stirring often, until fragrant, 1-2 min.
- Add **1 ¼ cups** (2 ½ cups) **water** and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.

4



Cook beans and poblanos

- Add **beans**, **poblanos**, **onions**, **remaining Tex-Mex Paste**, **remaining garlic salt** and ½ **cup** (¾ cup) **water** to the pan with **pork**. Cook, stirring often, until **poblanos** are tender, 4-5 min. Season with **salt** and **pepper**, to taste.

2



Prep

- Meanwhile, drain and rinse **beans**.
- Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges.
- Core, then cut **poblano** into ½-inch pieces, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping poblanos!)

5



Make crema

- Meanwhile, add **sour cream**, **half the lime zest**, ½ **tsp** (1 **tsp**) **lime juice** and ¼ **tsp** (½ **tsp**) **sugar** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

3



Cook pork

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **pork**. Season with **salt** and **pepper**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.**

If you've opted to get **chicken breasts**, heat a large non-stick pan over medium heat. Pat **chicken** dry with paper towels, then season with **salt** and **pepper**. When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Pan-fry over medium until cooked through, 6-7 min per side.** Transfer **chicken** to a plate. Cover to keep warm. Continue with step 4 in the empty pan.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **remaining lime zest**.
- Divide **rice** between bowls. Top with **pork and veggies**, then dollop **salsa** and **lime crema** over top.
- Sprinkle with **feta**.
- Squeeze a **lime wedge** over top, if desired.

Thinly slice **chicken**. Top final plates with **chicken**.

Dinner Solved!



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