



# Cal Smart Chipotle Pork Chilli

with Poblano Peppers and Cheddar Cheese

Calorie Smart

Spicy

30 Minutes



Ground Pork



Zucchini



Poblano Pepper



Sweet Bell Pepper



Cilantro



Crushed Tomatoes



Mexican Seasoning



Chipotle Powder



Sour Cream



Cheddar Cheese, shredded



Garlic Puree

HELLO ZUCCHINI

*This versatile squash also goes by the name courgette!*

# Start here

Before starting, wash and dry all produce.

## Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp

## Bust out

Measuring spoons, measuring cups, large pot

## Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Zucchini	200 g	400 g
Poblano Pepper 🌶️	160 g	320 g
Sweet Bell Pepper	160 g	320 g
Cilantro	7 g	14 g
Crushed Tomatoes	370 ml	740 ml
Mexican Seasoning	2 tbsp	4 tbsp
Chipotle Powder 🌶️	½ tsp	1 tsp
Sour Cream	3 tbsp	6 tbsp
Cheddar Cheese, shredded	¼ cup	½ cup
Garlic Puree	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

1



## Prep

Cut **zucchini** into ½-inch pieces. Core, then cut **bell pepper** into ½-inch pieces. Core, then cut **poblano pepper** into ½-inch pieces, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping poblanos!) Roughly chop **cilantro**.

2



## Cook veggies

Heat a large pot over medium-high heat. When hot, add ½ **tbps oil** (dbl for 4 ppl), then **zucchini, sweet peppers** and **poblano peppers**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**. Remove pot from heat, then transfer **veggies** to a plate.

3



## Cook pork

Heat the same pot over medium. When hot, add ½ **tbps oil** (dbl for 4 ppl), then **pork**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.\*\* Carefully drain and discard excess fat. Add **Mexican Seasoning, garlic puree** and ¼ **tsp chipotle powder**. (**NOTE:** Reference heat guide.) Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.

4



## Simmer chilli

Add **crushed tomatoes** and ½ **cup water** (dbl for 4 ppl). Stir to combine, then bring to a boil over high. Reduce heat to medium and simmer, stirring occasionally, until **chilli** thickens slightly, 10-12 min. Season with **salt** and **pepper**. (**TIP:** If you have time, keep it simmering on the stove for longer. It gets better the longer it cooks!)

5



## Finish and serve

When **chilli** is done simmering, add **veggies**. Cook, stirring often, until warmed through, 2-3 min. Season with **salt** and **pepper**. Divide **chilli** between bowls. Dollop **sour cream** over top, then sprinkle with **cilantro** and **cheddar**.

## Dinner Solved!