



Pork and Poblano Bowls

with Black Beans and Rice

Quick

Spicy

25 Minutes



Ground Pork



Basmati Rice



Poblano Pepper,
chopped



Mexican Seasoning



Black Beans



Lime



Baby Tomatoes



Sour Cream



Onion, chopped



Feta Cheese,
crumbled



Garlic Salt

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.

Bust out

Medium bowl, 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
Basmati Rice	¾ cup	1 ½ cups
Poblano Pepper, chopped	113 g	226 g
Mexican Seasoning	2 tbsp	4 tbsp
Black Beans	370 ml	740 ml
Lime	1	1
Baby Tomatoes	113 g	227 g
Sour Cream	3 tbsp	6 tbsp
Onion, chopped	56 g	113 g
Feta Cheese, crumbled	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.

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Cook rice

Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice**, **half the garlic salt** and **1 tsp Mexican Seasoning** (dbl for 4 ppl). Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups water** (dbl for 4 ppl) 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.



Cook pork

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



Prep

While **rice** cooks, quarter **tomatoes**. Drain and rinse **beans**. Zest, then juice **half the lime** (whole lime for 4 ppl). Cut any **remaining lime** into wedges. Finely chop **1 tbsp of the onions** (dbl for 4 ppl). (**NOTE:** The finely chopped onions are for your salsa!)



Cook beans and poblanos

Add **remaining Mexican Seasoning** and **remaining garlic salt**. Cook, stirring often, until fragrant, 30 sec. Add **beans**, **remaining poblanos** and **½ cup water** (dbl for 4 ppl). Cook, stirring often, until **poblanos** are tender, 4-5 min. Season with **salt** and **pepper**, to taste.



Make salsa

Add **tomatoes**, **half the poblanos**, **lime juice**, **finely chopped onions**, **½ tsp sugar** and **½ tbsp oil** (dbl both for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, then stir to combine.



Finish and serve

Add **sour cream** and **half the lime zest** to a small bowl. Season with **salt** and **pepper**, then stir to combine. 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 over a **lime wedge**, if desired.

Dinner Solved!