



Pork and Poblano Bowls

with Black Beans and Rice

Spicy

Quick

25 Minutes



Ground Pork



Basmati Rice



Mexican Seasoning



Black Beans



Poblano Pepper,
chopped



Jalapeño



Lime



Tomato Salsa



Sour Cream



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.

Heat Guide for Step 2 (dbl for 4 ppl):

- Mild: ½ tbsp
- Medium: 1 tbsp
- Spicy: 1½ tbsp
- Extra-spicy: 2 tbsp

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
Basmati Rice	¾ cup	1½ cups
Mexican Seasoning	2 tbsp	4 tbsp
Black Beans	370 ml	740 ml
Poblano Pepper, chopped	56 g	113 g
Jalapeño	1	2
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.

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.

Contact

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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 **half the Mexican Seasoning**. 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 beans and poblanos

- Add **remaining Mexican Seasoning** and **remaining garlic salt** to the pan with **pork**. Cook, stirring often, until fragrant, 30 sec.
- Add **beans**, **poblanos**, **¼ cup water** (dbl for 4 ppl) and **jalapeños**. Cook, stirring often, until **poblanos** are tender, 4-5 min. Season with **salt** and **pepper**, to taste.



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 finely chop **1 tbsp jalapeños**, removing seeds for less heat. (**NOTE:** Reference heat guide.) (**TIP:** We suggest using gloves when prepping jalapeños!)



Make crema

- Meanwhile, add **sour cream**, **half the lime zest**, **½ tsp lime juice** and **¼ tsp sugar** (dbl both for 4 ppl) to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.



Cook pork

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



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.

Dinner Solved!