



# CAJUN-SPICED PULLED PORK

with Bell Pepper, Basmati Rice, and Hot Honey



## HELLO PULLED PORK

Made without any artificial flavors, preservatives, or added sugar, this meat is cooked and ready to eat.

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 880**



Green Bell Peppers



Beefsteak Tomatoes



Hot Sauce



Cajun Spice Blend



Steamed Basmati Rice



Scallions



Honey



Pulled Pork



Chicken Stock Concentrates

## START STRONG

Get the kiddos involved by letting them help with tasks like breaking up the pulled pork and plating the finished dish.

## BUST OUT

- Small bowl
- 2 Large pans
- Butter (2 TBSP)  
(Contains: Milk)
- Olive oil (4 TBSP)

## INGREDIENTS

Ingredient 4-person

- Green Bell Peppers 2
- Scallions 4
- Beefsteak Tomatoes 2
- Honey 2 oz
- Hot Sauce 2 tsp
- Pulled Pork 20 oz
- Cajun Spice Blend 1 TBSP
- Chicken Stock Concentrates 2
- Steamed Basmati Rice 17 oz

## HELLO WINE



PAIR WITH  
Ebro Spanish Tempranillo, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



## 1 PREP

Wash and dry all produce. Core, seed, and dice **bell peppers**. Trim, then thinly slice **scallions**, keeping greens and whites separate. Core, seed, and dice **tomatoes**. In a small bowl, stir together **honey** and **hot sauce** (to taste).



## 4 COOK VEGGIES

Meanwhile, heat **2 TBSP olive oil** in another large pan over medium-high heat (use a nonstick pan if you have one). Add **bell peppers** and cook, tossing, until just softened, 3-5 minutes. Stir in **scallion whites**, remaining **Cajun spice**, and a large pinch of **salt**. Cook until fragrant, about 30 seconds.



## 2 WARM PORK

Heat **1 TBSP butter** and **2 TBSP olive oil** in a large pan over medium-high heat. Add **pork**, breaking up meat into pieces. Stir in **1 tsp Cajun spice** (we'll use more later) and a pinch of **salt**. Cook, stirring a few times, until pork is warmed through and begins to brown, 3-5 minutes.



## 5 WARM RICE

Add **rice** and **1 TBSP butter** to pan with **veggies**, breaking up rice with a spatula or wooden spoon. Cook, stirring occasionally, until warmed through and starting to crisp, 2-3 minutes.



## 3 MAKE SAUCE

Stir **tomatoes**, half the **honey mixture**, **stock concentrates**, and  $\frac{3}{4}$  **cup water** into pan, followed by another **1 tsp Cajun spice** (save the rest for the rice). Bring to a simmer and cook, stirring, until thick and saucy, 3-5 minutes. Season with **salt** and **pepper**.



## 6 PLATE AND SERVE

Divide **rice mixture** between plates, then place **pork** on top. Drizzle with remaining **honey mixture**, if desired. Garnish with **scallion greens** and serve.

## FRESH TALK

If you could travel to the future, what year would you visit?

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