



Hearty Chipotle Pork Chili with Quinoa

Carb Smart

30 Minutes



Ground Pork



Monterey Jack Cheese



Sour Cream



Corn Kernels



Crushed Tomato with Garlic & Onion



Chipotle Powder



Southwest Spice Blend



Lime



Green Onions



Tomato Sauce



Quinoa



Green Bell Pepper

HELLO QUINOA

Seeds rich in protein, dietary fibre, vitamins and minerals!

Start here

Before starting, wash and dry all produce.

Bust Out

Microplane/zester, measuring spoons, medium pot, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Monterey Jack Cheese	¼ cup	½ cup
Sour Cream	6 tbsp	12 tbsp
Corn Kernels	56 g	113 g
Crushed Tomato with Garlic and Onion	370 ml	740 ml
Chipotle Powder 🌶️	1 tsp	1 tsp
Southwest Spice Blend	1 tbsp	2 tbsp
Lime	1	1
Green Onions	2	4
Tomato Sauce	2 tbsp	4 tbsp
Quinoa	½ cup	1 cup
Green Bell Pepper	200 g	400 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

Contact

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Start quinoa

Add **quinoa** and **1 ¼ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil over high heat. Reduce heat to medium-low. Cover and cook, until **quinoa** is tender and **liquid** is absorbed, 15-18 min.



Prep

While **quinoa** cooks, core, then cut **pepper** into ½-inch pieces. Thinly slice **green onions**. Zest, then cut **lime** into wedges.



Cook veggies

Heat a large pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **peppers** and **corn**. Cook, stirring occasionally, until **veggies** soften, 3-4 min. Season with **salt** and **pepper**.



Cook pork

Add **pork** to the pot with **veggies** and cook, breaking up into smaller pieces, until no pink remains, 4-5 min. ** Add **Southwest spice blend** and **½ tsp chipotle powder** (dbl for 4 ppl). Cook, stirring often until fragrant, 1 min.



Cook chili

Add **tomato sauce**, **crushed tomatoes** and **½ cup water** (dbl for 4 ppl). Stir together, then bring to a boil over high heat. Reduce heat to medium-low and simmer, stirring occasionally, until **chili** thickens slightly, 5-6 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!)



Finish and serve

Fluff the **quinoa** with a fork. Season with **salt** and stir in **¼ tsp lime zest** (dbl for 4 ppl). Divide **chili** between bowls. Dollop **sour cream** over top, then sprinkle with **green onions** and **cheese**. Squeeze over a **lime wedge**, if desired.

Dinner Solved!