

MARLEY SPOON



Ecuadorian Pork Stew

with Pumpkin and Black Beans



20-30min



2 Portions

As the weather cools in the evenings, our thoughts turn to warming stews and braises. Then reality kicks in with the need to get comfort food on the table in double time. That's where this dish, with familiar South American flavours, shines. Not too different to a chilli con carne, this one is based on pork and packs in healthy veggies and black beans.

What we send

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- boiling water
- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper
- water

Utensils

- fine grater
- large frypan
- sieve
- small saucepan with lid

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Adding liquid to a hot pan allows the caramelised bits stuck to the base to release and add great flavour to the dish.

Allergens

Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 940kcal, Fat 31.8g, Carbs 103.4g, Proteins 46.5g



1. Prepare ingredients

Read through the recipe. Peel and cut **pumpkin** into 1.5cm chunks. Finely chop **onion**. Crush or finely chop **garlic**. Drain and rinse **half the black beans****. Finely chop the **coriander**, including the stems. Finely grate the zest of **half the orange****, then juice the half. Discard the husk and silks from the **corn**. Slice the corn kernels from the cob.



4. Cook aromatics

Reduce heat to medium and add **2 tsp olive oil** to the pan. Cook the **onion** and **garlic** for 3-4 mins, stirring occasionally, until softened. Add **2 tsp cumin and coriander spice blend**** and **2 tsp smoked paprika**** and cook, stirring often, for 1 min or until fragrant.



2. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



5. Cook vegetables

Add orange juice, scraping to incorporate the flavour from the base of the pan (see cooking tip). Add **stock** and **half the diced tomatoes**** and bring to a simmer. Add **pumpkin**, **corn** and **pork** to pan. Reduce heat to medium and cook for 4-5 mins until pumpkin is tender. Add **black beans** and stir until heated through.



3. Brown pork

Meanwhile, heat **1 tbs olive oil** in a large frypan over medium-high heat. Add the **pork mince** and cook, breaking up the mince with a spoon, for 5 mins or until browned. Remove from the pan. Crumble **1 stock cube**** into a heatproof jug, add **250ml (1 cup) boiling water** and stir to dissolve.



6. Get ready to serve

Remove from the heat. Stir in **half the coriander** and **1 tsp red wine vinegar**. Taste and season with **salt and pepper**. Divide the **rice** and **stew** among bowls. Scatter over the **remaining coriander** to serve.