

MARLEY SPOON



Ecuadorian Pork Stew

with Pumpkin and Black Beans



30-40min



4 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
- medium saucepan with lid
- sieve

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 920kcal, Fat 31.7g, Carbs 100.0g, Proteins 45.8g



1. Prepare ingredients

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



2. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml 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.



3. Brown pork

Meanwhile, heat **2 tbs olive oil** in a large deep 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 the **stock cubes** into a heatproof jug, add **500ml (2 cups) boiling water** and stir to dissolve.



4. Cook aromatics

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



5. Cook vegetables

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



6. Get ready to serve

Remove from the heat. Stir in **half the coriander** and **2 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.