



Thai Larb Style Pork and Pepper Tacos

with Iceberg Lettuce and Crushed Peanuts

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day



Bell Pepper



Iceberg Lettuce



Salted Peanuts



Pork Mince



Thai Style Spice Blend



Ginger, Garlic & Lemongrass Puree



Ketjap Manis



Plain Taco Tortilla



Beef Mince

Pantry Items

Oil, Salt, Pepper, Mayonnaise

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, rolling pin and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Iceberg Lettuce**	1	2	2
Salted Peanuts 1)	25g	40g	40g
Pork Mince**	240g	360g	480g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Ginger, Garlic & Lemongrass Puree	15g	22g	22g
Ketjap Manis 11)	25g	50g	50g
Plain Taco Tortilla** 13)	6	9	12
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Water for the Pork*	25ml	40ml	50ml
Mayonnaise*	3 tbsp	4 tbsp	5 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	431g	100g	431g	100g
Energy (kJ/kcal)	3723 / 890	864 / 206	3498 / 836	811 / 194
Fat (g)	51.3	11.9	44.7	10.4
Sat. Fat (g)	13.5	3.1	12.3	2.8
Carbohydrate (g)	69.8	16.2	69.5	16.1
Sugars (g)	15.9	3.7	15.7	3.6
Protein (g)	36.0	8.4	39.2	9.1
Salt (g)	2.69	0.62	2.74	0.64

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut 3) Sesame 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Pepper

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips and pop onto a baking tray.
- Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.
- When the oven is hot, roast on the top shelf until soft and slightly charred, 15-18 mins.



Add the Flavour

- Once the **mince** is cooked, add the **Thai style spice blend** (add less if you'd prefer things milder) and the **ginger, garlic & lemongrass puree**. Stir-fry for 30 secs.
- Pour in the **ketjap manis** and **water for the pork** (see pantry for amount).
- Stir together until slightly thickened and nicely glazed, 1-2 min, then remove from the heat.



Prep the Rest

- Meanwhile, trim the **iceberg lettuce**, halve lengthways, then thinly slice.
- Crush the **peanuts** in the unopened sachet using a rolling pin.



Warm your Tortillas

- A couple of mins before you're ready to serve, pile the **tortillas** onto a plate. Heat them through in the microwave, 850W: 50 secs / 750W: 1 min, until warm and soft.
- If you're using the oven, lay the **tortillas** onto a baking tray and place on the middle shelf to warm through, 1-2 mins.



Time to Fry

- When the **sliced pepper** is halfway through cooking, heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Make your Tacos

- When ready, transfer the **tortillas** to your plates and spread the **mayo** over each one (see pantry for amount).
- Top with the **iceberg lettuce**, **roasted pepper** and **glazed pork** - as much as you'd like.
- Sprinkle with the **peanuts** to finish. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!