



# Tex-Mex Style Pork Mince Tacos

with Tomato Salsa, Baby Gem and Grated Cheese

**Quick** 20 Minutes • **Mild Spice** • 1 of your 5 a day

14



Pork Mince



Garlic Clove



Central American Style Spice Mix



Tomato Puree



Chicken Stock Paste



Baby Gem Lettuce



Medium Tomato



Mature Cheddar Cheese



Red Wine Vinegar



Plain Taco Tortillas



British Beef Mince

### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, 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. Ingredients in red are hot!

## Cooking tools

Frying pan, garlic press, grater, bowl and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Pork Mince**	240g	360g	480g
Garlic Clove**	1	1	2
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Baby Gem Lettuce**	1	1½	2
Medium Tomato	2	3	4
Mature Cheddar Cheese** 7)	30g	40g	60g
Red Wine Vinegar 14)	12ml	12ml	24ml
Plain Taco Tortillas 13)	6	9	12
British Beef Mince**	240g	360g	480g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	75ml	120ml	150ml
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>460g</b>	<b>100g</b>	<b>460g</b>	<b>100g</b>
Energy (kJ/kcal)	3576 /855	778 /186	3350 /801	729 /174
Fat (g)	49.7	10.8	43.1	9.4
Sat. Fat (g)	16.1	3.5	14.8	3.2
Carbohydrate (g)	62.9	13.7	62.7	13.6
Sugars (g)	10.9	2.4	10.6	2.3
Protein (g)	37.9	8.2	41.1	8.9
Salt (g)	3.12	0.68	3.12	0.68


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

## Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

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## Fry your Mince

**a)** If you don't have a microwave, heat your oven to 220°C/200°C fan/gas mark 7 for the **tortillas**.

**b)** Heat a medium frying pan on medium-high heat (no oil). Once hot, add the **pork mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

**IMPORTANT:** Wash your hands and equipment after handling raw mince.

## CUSTOM RECIPE

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



## Get Ready to Salsa

**a)** Put the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts) into a medium bowl.

**b)** Season with **salt** and **pepper** and mix together.

**c)** Add the **tomato chunks** to the **dressing**. Mix together and set aside.



## Simmer and Spice

**a)** Meanwhile, peel and grate the **garlic** (or use a garlic press).

**b)** Add the **garlic**, **Central American style spice mix** and **tomato puree** to the **mince**. Stir-fry for 1 min. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

**c)** Stir in the **water for the sauce** (see pantry for amount) and **chicken stock paste**. Lower the heat and simmer until thickened, 1-2 mins.

**d)** Once thickened, taste and season with **salt** and **pepper** if needed. Add a splash of **water** if a little too thick.



## Tortilla Time

**a)** Just 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.

**b)** 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.



## Prep your Toppings

**a)** Trim the **baby gem**, halve lengthways, then thinly slice.

**b)** Chop the **tomatoes** into small chunks.

**c)** Grate the **cheese**.



## Assemble and Serve

**a)** When everything's ready, lay the **tortillas** onto your serving plates (3 per person).

**b)** To make your **tacos**, spread the **base** of each **tortilla** with **mayo** (see pantry for amount), top with the **baby gem**, spoonfuls of **spicy mince** and **tomato salsa** - as much as you'd like.

**c)** Finish with your **grated cheese** and serve any remaining **salsa** alongside. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!