



# Mexican Style Pork Nachos RapiDOS

with Cheese and Soured Cream

**Quick** 20-25 Minutes • **Mild Spice** • 2 of your 5 a day

13



Plain Taco Tortillas



Garlic Clove



Mature Cheddar Cheese



Tomato Passata



Soured Cream



British Pork Mince



Black Beans



Mexican Style Spice Mix



Chicken Stock Paste



British Beef Mince

#### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

↔ **Swap to Beef Mince**

If you chose to swap to beef mince, 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

Kitchen scissors, baking tray, frying pan, garlic press, sieve and grater.

## Ingredients

Ingredients	2P	3P	4P
Plain Taco Tortillas <b>13)</b>	6	9	12
British Pork Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Black Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** <b>7)</b>	30g	40g	60g
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Soured Cream** <b>7)</b>	75g	112g	150g
British Beef Mince**	240g	360g	480g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	100ml	125ml
Butter*	20g	30g	40g

\*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>556g</b>	<b>100g</b>	<b>556g</b>	<b>100g</b>
Energy (kJ/kcal)	4168 /996	750 /179	3942 /942	709 /169
Fat (g)	52.7	9.5	46.1	8.3
Sat. Fat (g)	24.7	4.4	23.4	4.2
Carbohydrate (g)	80.8	14.5	80.6	14.5
Sugars (g)	12.7	2.3	12.5	2.2
Protein (g)	46.7	8.4	50.0	9.0
Salt (g)	4.05	0.73	4.05	0.73

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

## Allergens

**7) Milk 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, 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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## Nacho Time

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Cut each **tortilla** into 8 triangles (use scissors if easier).
- Place on a large baking tray in a single layer and drizzle with **oil**. **TIP:** Use two baking trays if necessary. Season with salt and pepper.
- Bake on the middle shelf of the oven until lightly golden brown and crisp, 5-7 mins. **TIP:** Keep an eye on them to make sure they colour evenly.



## Add the Flavour

- Once the **mince** has browned, add the **garlic** and **Mexican style spice mix** and fry, 1 min.
- Stir through the **passata**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).
- Bring to a boil, then add the **black beans**. Lower the heat and simmer until the **mixture** has thickened slightly, 4-5 mins.



## Get Frying

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **pork mince**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break it up as it cooks.
- When the **mince** has browned, 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.

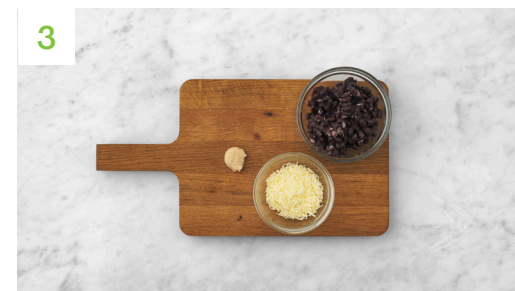
↔ Swap to Beef Mince

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



## Finishing Touches

- Once the **sauce** has thickened, stir in the **butter** (see pantry for amount) until melted.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it looks little thick.



## Finish the Prep

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **black beans** in a sieve.
- Grate the **cheese**.



## Serve Up

- Share the **Mexican spiced pork and bean mixture** between your serving bowls.
- Sprinkle over the **cheese** and top with a dollop of **soured cream** to finish.
- Serve the **nachos** alongside for dipping.

Enjoy!