



Super Quick Tex-Mex Style Pork Tacos

with Tomato Salsa, Baby Leaves and Soured Cream

44

Super Quick 15 Minutes • **Mild Spice** • 1 of your 5 a day



British Pork Mince



Central American Style Spice Mix



Tomato Puree



Chicken Stock Paste



Medium Tomato



Red Wine Vinegar



Plain Taco Tortillas



Baby Leaf Mix



Soured Cream



British Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

↔ **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

Frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
British Pork Mince**	240g	360g	480g
Central American Style Spice Mix	1 sachet	2 sachets	2 sachets
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Medium Tomato	1	2	2
Red Wine Vinegar 14	12ml	12ml	24ml
Plain Taco Tortillas 13	6	9	12
Baby Leaf Mix**	50g	70g	100g
Soured Cream** 7	75g	150g	150g
British Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	1 tsp	1 tsp
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

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	395g	100g	395g	100g
Energy (kJ/kcal)	3291 / 787	833 / 199	3060 / 731	775 / 185
Fat (g)	44.7	11.3	38.1	9.6
Sat. Fat (g)	15.6	4.0	14.3	3.6
Carbohydrate (g)	60.7	15.4	60.5	15.3
Sugars (g)	9.9	2.5	9.6	2.4
Protein (g)	34.8	8.8	38.4	9.7
Salt (g)	2.63	0.67	2.63	0.67


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.

 You can recycle me!

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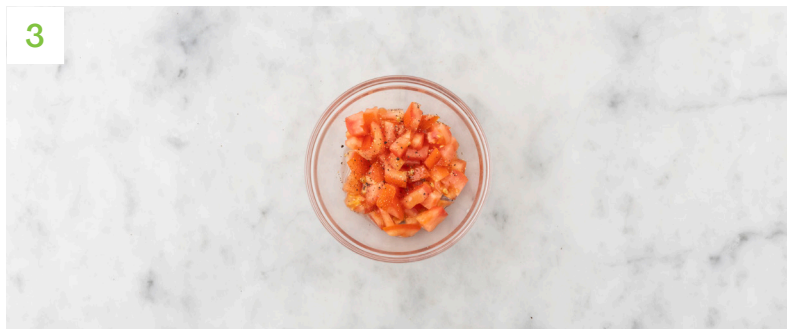


Get Frying

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
 - Once hot, fry the **mince**, 5-6 mins.
 - Break up the **mince** as it cooks, then drain the fat. Season with **salt** and **pepper**.
- IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

↔ Swap to Beef Mince

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



Salsa Up

- Meanwhile, cut the **tomato** into small pieces.
- In a bowl, combine the **red wine vinegar**, **sugar** and **olive oil** (see pantry for both amounts).
- Season with **salt** and **pepper**.
- Add the **tomato chunks** and mix well.



Simmer Time

- Next, add the **Central American style spice mix** (add less if you'd prefer things milder) and **tomato puree**. Stir-fry for 1 min.
- Stir in the **chicken stock paste**, **sugar** and **water** (see pantry for both).
- Lower the heat and simmer, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed.



Dinner's Ready!

- Microwave the **tortillas** (3 per person) for 850W: 50 secs / 750W: 1 min.
- If you don't have a microwave, just enjoy them cold.
- Lay the **tortillas** on your plates. Pile with the **salad**, **mince** and **salsa** - as much as you'd like.
- Finish with a dollop of **soured cream**. **TIP:** Eat your tacos by hand - get stuck in!

Enjoy!