



# Pork and Black Bean Tacos

with Pickled Red Onion, Chipotle Tomatoes and Lettuce

**Classic** 20 Minutes • Medium Spice • 1 of your 5 a day

3



Red Onion



Medium Tomato



Baby Gem Lettuce



Garlic Clove



Black Beans



Lime



Pork Mince



Tomato Puree



Chipotle Paste



Chicken Stock Paste



Plain Taco Tortilla

## Before you start

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

## Cooking tools

Bowl, garlic press, sieve, frying pan, measuring jug, potato masher and baking tray.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Medium Tomato	2	3	4
Baby Gem Lettuce**	1	2	2
Garlic Clove**	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Lime**	½	1	1
Pork Mince**	240g	360g	480g
Tomato Puree	1 sachet	2 sachets	2 sachets
Chipotle Paste	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Water for the Sauce*	100ml	150ml	200ml
Plain Taco Tortilla (13)	6	9	12

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	555g	100g
Energy (kJ/kcal)	2987 / 714	538 / 129
Fat (g)	27	5
Sat. Fat (g)	10	2
Carbohydrate (g)	80	14
Sugars (g)	10	2
Protein (g)	36	7
Salt (g)	2.41	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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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## Get Prepped

- Halve and very thinly slice the **red onion**. Put **half** into a small bowl. Chop the **tomatoes** into 1cm pieces and pop them into another small bowl.
- Trim the **baby gem**, halve lengthways, then thinly slice widthways.
- Peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **black beans** in a sieve.



## Simmer the Sauce

- Add the **chicken stock paste** and **water for the sauce** (see ingredients for amount) to your pan. Stir in the **black beans** and use a masher to gently crush them.
- Season with **salt** and **pepper**, stir together and bring to a simmer.
- Cook until thickened, 5-6 mins. **TIP:** Add a splash more water if it looks dry. Meanwhile, preheat your oven to 200°C.



## Pickle the Onion

- Halve the **lime** and **juice** one **half** into the bowl with the **sliced red onion**.
- Add a pinch of **salt** and **sugar**, stir well and set aside your **pickled red onion**.
- Cut any remaining **lime** into **wedges**.



## Finish Up

- While the **pork mixture** cooks, add the remaining **chipotle paste** into the bowl with the **tomatoes** (add less if you don't like heat).
- Add a drizzle of **olive oil**, season with **salt** and **pepper** and mix well.
- Once the **pork** is nearly ready, pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins.



## Cook the Pork

- Heat a drizzle of **oil** in a frying pan on medium-high heat. When the **oil** is hot, add the **pork mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.
- Once browned, drain and discard any excess fat. Add the remaining **onion** and cook, stirring until slightly softened, 2-3 mins.
- Add the **tomato puree**, **garlic** and **three quarters** of the **chipotle paste** (add less if you don't like heat). Cook, stirring, for 1 min.



## Serve

- Taste and season the **pork mixture** with **salt** and **pepper** if needed.
- Divide the **tortillas** between your plates (3 per person). Add as much of the **pork and black bean mixture**, **sliced lettuce** and **chipotle tomatoes** as you'd like to each.
- Finish the **tacos** with the **pickled red onion** and serve with the **lime wedges** alongside. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

## Enjoy!