



Pork, Pepper and Black Bean Tacos

with Chipotle Sweet Potato Wedges and Zesty Soured Cream

Classic 35-40 Minutes • Medium Spice • 2 of your 5 a day

5



Sweet Potato



Chipotle Paste



Bell Pepper



Lime



Soured Cream



Black Beans



Pork Mince



Chicken Stock Paste



Mature Cheddar
Cheese



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

Baking tray, zester, bowl, sieve, potato masher, frying pan and grater.

Ingredients

	2P	3P	4P
Sweet Potato	2	3	4
Chipotle Paste	1 sachet	2 sachets	2 sachets
Bell Pepper***	1	2	2
Lime**	1	1	1
Soured Cream** 7)	75g	150g	150g
Black Beans	1 carton	2 cartons	2 cartons
Pork Mince**	120g	240g	240g
Water for the Beans*	50ml	75ml	100ml
Chicken Stock Paste	10g	15g	20g
Mature Cheddar Cheese** 7)	30g	60g	60g
Plain Taco Tortilla 13)	4	6	8

*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

	Per serving	Per 100g
for uncooked ingredient	683g	100g
Energy (kJ/kcal)	3542/847	518/124
Fat (g)	25.8	3.8
Sat. Fat (g)	12.3	1.8
Carbohydrate (g)	114.3	16.7
Sugars (g)	23.6	3.5
Protein (g)	31.4	4.6
Salt (g)	2.83	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

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, 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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1 Make the Chipotle Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** into 2cm wide wedges (no need to peel). Pop onto a large baking tray.

Drizzle with **oil** and **half** the **chipotle paste** (use less if you don't like heat), season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



4 Add the Beans

Once the **mince** has browned, add the **black beans** (whole and crushed) to the pan.

Stir in the **water for the beans** (see ingredients for amount), **chicken stock paste** and remaining **chipotle paste** (use less if you don't like heat), then bring to the boil. Simmer until thickened slightly, 3-4 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

Once thickened, taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry.



2 Prep Time

Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 2cm chunks. Zest and halve the **lime**.

Pop the **soured cream** and **lime zest** into a small bowl, then squeeze in the **juice** of **half** the **lime**. Mix well, season to taste with **salt** and **pepper**, then set your **zesty soured cream** aside.

Drain and rinse the **black beans** in a sieve, then pop **half** into another bowl. Roughly mash with the back of a fork or potato masher, then set aside.



5 Finishing Touches

When the **wedges** have 5 mins of cooking time left, grate the **Cheddar**.

Pop the **tortillas** (2 per person) onto a baking tray and into the oven to warm through, 1-2 mins.

Meanwhile, cut the remaining **lime** into **wedges**.



3 Get Frying

Halfway through the **wedges'** roasting time, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once the **oil** is hot, add the **pork mince** and **chopped pepper**. Cook until the **mince** is browned and the **pepper** has softened, 5-6 mins.

Use a spoon to break it up the **mince** 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.



6 Assemble and Serve

When everything is ready, share the warmed **tortillas** between your plates.

Add spoonfuls of **pork and bean filling** to each, then top with the **cheese** and a dollop of **zesty soured cream** - as much as you'd like.

Serve with the **chipotle wedges** alongside and a **lime wedge** for squeezing over. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!