



Tex-Mex Style Pork Mince Tacos

with Tomato Salsa, Baby Gem, Cheese and Soured Cream

9

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day



Pork Mince



Garlic Clove



Central American
Style Spice Mix



Tomato Puree



Chicken Stock Paste



Baby Gem Lettuce



Mature Cheddar
Cheese



Lime



Medium Tomato



Plain Taco Tortilla



Soured Cream



Beef Mince

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on 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.

Cooking tools

Frying pan, garlic press, fine 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	1 sachet	1½ sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Baby Gem Lettuce**	1	1½	2
Mature Cheddar Cheese** 7)	30g	40g	60g
Lime**	1	1	1
Medium Tomato	1	2	2
Plain Taco Tortilla 13)	6	9	12
Soured Cream** 7)	75g	120g	150g
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	120ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	435g	100g
Energy (kJ/kcal)	3465 /828	797 /191
Fat (g)	47.0	10.8
Sat. Fat (g)	18.8	4.3
Carbohydrate (g)	63.1	14.5
Sugars (g)	9.8	2.3
Protein (g)	39.5	9.1
Salt (g)	2.62	0.60

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	432g	100g
Energy (kJ/kcal)	3214 /768	745 /178
Fat (g)	40.1	9.3
Sat. Fat (g)	17.5	4.1
Carbohydrate (g)	62.5	14.5
Sugars (g)	9.5	2.2
Protein (g)	42.6	9.9
Salt (g)	2.55	0.59

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, 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.

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Fry your Mince

a) Heat a medium frying pan on medium-high heat (no oil).

b) 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.

c) Season with **salt** and **pepper**.

CUSTOM RECIPE

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



Make the Salsa

a) Chop the **tomato** into small pieces and pop into a medium bowl.

b) Drizzle over a little **olive oil**, squeeze in some **lime juice**, then season with **salt** and **pepper**. Mix together.

c) Cut any remaining **lime** into **wedges**.



Simmer and Spice

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

b) Add the **garlic**, **Central American style spice mix** (add less if you'd prefer things milder) 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.



Warm the Tortillas

a) Just before you're ready to serve, pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins.



Prep your Toppings

a) Meanwhile, preheat your oven to 220°C/200°C fan/gas mark 7.

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

c) Grate the **cheese**.

d) Halve the **lime**.



Assemble and Serve

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

b) Make your **tacos** by starting with the **baby gem**, then add spoonfuls of the **mince**, **cheese** and **tomato salsa** - as much as you'd like.

c) Finish with a dollop of **soured cream**.

d) Serve the **lime wedges** alongside for squeezing over. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!