



Tex-Mex Style Pork Mince Tacos

with Tomato Salsa, Baby Gem and Soured Cream

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

14



Pork Mince



Garlic Clove



Central American Style Spice Mix



Tomato Puree



Chicken Stock Paste



Baby Gem Lettuce



Medium Tomato



Red Wine Vinegar



Plain Taco Tortilla



Soured Cream



Beef Mince

Pantry Items

Oil, Salt, Pepper, Olive Oil

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, 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	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Baby Gem Lettuce**	1	1½	2
Medium Tomato	1	2	2
Red Wine Vinegar 14)	12g	12g	24g
Plain Taco Tortilla 13)	6	9	12
Soured Cream** 7)	75g	150g	150g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	388g	100g	387g	100g
Energy (kJ/kcal)	3289 / 786	848 / 203	3062 / 732	780 / 188
Fat (g)	44.7	11.5	38.1	9.8
Sat. Fat (g)	15.7	4.0	14.4	3.7
Carbohydrate (g)	60.3	15.6	60.1	15.5
Sugars (g)	10.0	2.6	9.8	2.5
Protein (g)	34.9	9.0	38.2	9.8
Salt (g)	2.40	0.62	2.45	0.63

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, 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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Fry your Mince

a) If you don't have a microwave, heat your oven to 220°C/200°C fan/gas mark 7 for the **tortillas**.

b) Heat a medium frying pan on medium-high heat (no oil). 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) Put the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts) into a medium bowl.

b) Season with **salt** and **pepper** and mix together.

c) Add the **chopped tomatoes** to the **dressing**.

d) Mix together and set aside.



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, pile the **tortillas** onto a plate. Heat them through in the microwave, 850W: 50 secs / 750W: 1 min, until warm and soft.

b) If you're using the oven, lay the **tortillas** onto a baking tray and place on the middle shelf to warm through, 1-2 mins.



Prep your Toppings

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

b) Chop the **tomato** into small pieces.



Assemble and Serve

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

b) To make your **tacos**, top with the **baby gem**, spoonfuls of **spicy mince** and **tomato salsa** - as much as you'd like.

c) Finish with a dollop of **soured cream**. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!