

# Thai Larb Style Pork and Pepper Tacos

with Baby Gem Lettuce and Crushed Peanuts

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







Baby Gem Lettuce





Salted Peanuts





Thai Style Spice Blend

Ginger, Garlic & Lemongrass Puree







Ketjap Manis

Plain Taco Tortilla





### **Pantry Items**

Oil, Salt, Pepper, Mayonnaise

### **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

Baking tray, rolling pin and frying pan.

### Ingredients

3					
Ingredients	2P	3P	4P		
Bell Pepper***	1	2	2		
Baby Gem Lettuce**	1	11/2	2		
Salted Peanuts 1)	25g	40g	40g		
Pork Mince**	240g	360g	480g		
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets		
Ginger, Garlic & Lemongrass Puree	15g	22g	22g		
Ketjap Manis 11)	25g	50g	50g		
Plain Taco Tortilla 13)	6	9	12		
Beef Mince**	240g	360g	480g		
Pantry	2P	3P	4P		
Water for the Pork*	25ml	40ml	50ml		
Mayonnaise*	3 tbsp	4 tbsp	5 tbsp		
***					

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be green, yellow, red or orange to quarantee you get the best quality pepper.

### **Nutrition**

			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	386g	100g	386g	100g
Energy (kJ/kcal)	3708 /886	960/229	3483 /832	901/215
Fat (g)	51.4	13.3	44.9	11.6
Sat. Fat (g)	13.6	3.5	12.3	3.2
Carbohydrate (g)	69.1	17.9	69.0	17.9
Sugars (g)	15.3	4.0	15.1	3.9
Protein (g)	35.5	9.2	38.6	10.9
Salt (g)	2.68	0.69	2.77	0.72

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

### **Allergens**

1) Peanut 3) Sesame 11) Soya 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.

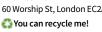
### Contact

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# Roast the Pepper

- **a)** Preheat your oven to 240°C/220°C fan/gas mark 9.
- **b)** Halve the **pepper** and discard the core and seeds. Slice into thin strips and pop onto a baking tray.
- **c)** Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.
- **d)** When the oven is hot, roast on the top shelf until soft and slightly charred, 15-18 mins.



# Prep the Rest

- **a)** Meanwhile, trim the **baby gem**, halve lengthways, then thinly slice.
- **b)** Crush the **peanuts** in the unopened sachet using a rolling pin.



# Time to Fry

- a) When the **bell peppers** are halfway through cooking, heat a large frying pan on medium-high heat (no oil).
- **b)** Once hot, add the **pork mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.
- c) Season with **salt** and **pepper**. **IMPORTANT**: Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

### **CUSTOM RECIPE**

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



### Add the Flavour

- a) Once the mince is cooked, add the Thai style spice blend (add less if you'd prefer things milder) and the ginger, garlic & lemongrass puree. Stirfry for 30 secs.
- **b)** Pour in the **ketjap manis** and **water for the pork** (see pantry for amount).
- **c)** Stir together until slightly thickened and nicely glazed, 1-2 min, then remove from the heat.



# Warm your Tortillas

**a)** A couple of mins before you're ready to serve, pop the **tortillas** (3 per person) onto a baking tray and into the oven to warm through, 1-2 mins.



# Make your Tacos

- **a)** When ready, transfer the **tortillas** to your plates and spread the **mayo** over each one (see pantry for amount).
- **b)** Top with the **baby gem**, **roasted pepper** and **glazed pork** as much as you'd like.
- **c)** Sprinkle with the **peanuts** to finish. TIP: *Tacos* are best enjoyed eaten by hand get stuck in!

## Enjoy!