



Tex-Mex Style Pork Mince Tacos

with Tomato Salsa, Baby Leaves and Soured Cream

44

Quick 15 Minutes • Mild Spice • 1 of your 5 a day



Pork Mince



Central American Style Spice Mix



Tomato Puree



Chicken Stock Paste



Medium Tomato



Red Wine Vinegar



Plain Taco Tortillas



Baby Leaf Mix



Soured Cream



Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

CUSTOM RECIPE

If you chose to swap or upgrade your 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. Ingredients in red are hot!

Cooking tools

Frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Pork Mince**	240g	360g	480g
Central American Style Spice Mix	1 sachet	2 sachets	2 sachets
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Medium Tomato	1	2	2
Red Wine Vinegar 14	12g	12g	24g
Plain Taco Tortillas 13	6	9	12
Baby Leaf Mix**	50g	70g	100g
Soured Cream** 7	75g	150g	150g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	1 tsp	1 tsp
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	405g	100g	405g	100g
Energy (kJ/kcal)	3310 / 791	817 / 195	3084 / 737	762 / 182
Fat (g)	44.8	11.1	38.2	9.4
Sat. Fat (g)	15.7	3.9	14.4	3.6
Carbohydrate (g)	61.0	15.1	60.8	15.0
Sugars (g)	10.4	2.6	10.2	2.5
Protein (g)	35.2	8.7	38.5	9.5
Salt (g)	2.64	0.65	2.64	0.65


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, cereals containing 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.

 You can recycle me!

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1



Get Frying

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
 - Once hot, fry the **mince**, 5-6 mins.
 - Break up the **mince** as it cooks, then drain the fat. Season with **salt** and **pepper**.
- IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

CUSTOM RECIPE

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

2



Simmer Time

- Next, add the **Central American style spice mix** (add less if you'd prefer things milder) and **tomato puree**. Stir-fry for 1 min.
- Stir in the **chicken stock paste**, **sugar** and **water** (see pantry for both amounts) and **chicken stock paste**.
- Lower the heat and simmer, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed.

3



Salsa Up

- Meanwhile, cut the **tomato** into small pieces.
- In a bowl, combine the **red wine vinegar**, **sugar** and **olive oil** (see pantry for both amounts).
- Season with **salt** and **pepper**.
- Add the **tomato chunks** and mix well.

4



Dinner's Ready!

- Microwave the **tortillas** (3 per person) for 850W: 50 secs / 750W: 1 min.
- If you don't have a microwave, just enjoy them cold.
- Lay the **tortillas** on your plates. Pile with the **salad**, **mince** and **salsa** - as much as you'd like.
- Finish with a dollop of **soured cream**. **TIP:** Eat your tacos by hand - get stuck in!

Enjoy!