



Chipotle Pork Tacos

with Charred Sweetcorn Salsa and Cheese

Family 35-40 Minutes • Medium Spice

9



Garlic Clove



Medium Tomato



Lime



Spring Onion



Mature Cheddar Cheese



Sweetcorn



Black Beans



Pork Mince



Tomato Puree



Chipotle Paste



Chicken Stock Paste



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

Garlic press, zester, grater, sieve, bowl and frying pan.

Ingredients

	2P	3P	4P
Garlic Clove**	1	1	2
Medium Tomato	1	2	2
Lime**	½	1	1
Spring Onion**	1	2	2
Mature Cheddar Cheese** (7)	30g	45g	60g
Sweetcorn	150g	225g	326g
Black Beans	1 carton	1½ cartons	2 cartons
Pork Mince**	240g	360g	480g
Tomato Puree	1 sachet	2 sachets	2 sachets
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Water for the Pork*	75ml	100ml	150ml
Chicken Stock Paste	10g	15g	20g
Plain Taco Tortilla (13)	6	10	12

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	519g	100g
Energy (kJ/kcal)	3376/807	650/155
Fat (g)	33	6
Sat. Fat (g)	13	3
Carbohydrate (g)	84	16
Sugars (g)	11	2
Protein (g)	41	8
Salt (g)	2.97	0.57

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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Get Prepped

Preheat your oven to 200°C. Peel and grate the **garlic** (or use a garlic press). Chop the **tomato** into 1cm pieces. Zest and halve the **lime**. Trim and thinly slice the **spring onion**. Grate the **cheese**. Drain the **sweetcorn** in a sieve, then pop it into a medium bowl. Drain and rinse the **black beans** using the same sieve. Pop **half** the **black beans** in another bowl and mash with a fork.



Sweetcorn Salsa Time

Heat another large frying pan on medium-high heat (no oil). Once hot, add the **sweetcorn** into the pan and cook until charred, 5-6 mins. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour. Meanwhile, pop the **tomato** and **spring onion** into the empty **sweetcorn** bowl. Add the **lime zest**, a squeeze of **lime juice** and a drizzle of **oil**, then season with **salt** and **pepper**. Mix to combine, then set aside.



Cook the Mince

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When the **oil** is hot, add the **pork mince** and cook until browned, 5-6 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.* Stir in the **garlic**, **tomato puree** and **chipotle paste** (add less **chipotle** if you don't like heat), then cook for 1 min more.



Warm the Tortillas

While the **corn** is charring, pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins. Once the **corn** is charred, mix into the **tomato** and **spring onion**. Taste and season with more **salt**, **pepper** or **lime juice** if needed.



Finish the Spicy Pork

Add the **water for the pork** (see ingredients for amount) and **chicken stock paste** to the **mince**, stirring well to combine. Bring to a simmer, then add the **black beans** (whole and mashed). Stir to combine and cook until thickened, 1-2 mins. Remove from the heat, then taste and season with **salt** and **pepper** if needed. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



Finish and Serve

Lay the **tortillas** on your plates (3 per person) and top with the **chipotle pork**. Spoon over the **charred sweetcorn salsa**, then sprinkle with the **cheese** to finish. **TIP:** *Tacos are best enjoyed eaten by hand - get stuck in!*

Enjoy!