



Pork and Black Bean Tacos

with Pickled Red Onion, Chipotle Tomatoes and Lettuce

Rapid 20 Minutes • Medium Spice

14



Red Onion



Baby Plum Tomatoes



Baby Gem Lettuce



Black Beans



Lime



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

Bowl, Sieve, Frying Pan, Measuring Jug and Potato Masher.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Baby Plum Tomatoes	125g	190g	250g
Baby Gem Lettuce**	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Lime**	½	1	1
Pork Mince**	240g	360g	480g
Tomato Puree	1 sachet	2 sachets	2 sachets
Chipotle Paste	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Water for the Sauce*	100ml	150ml	200ml
Plain Taco Tortilla 13)	6	9	12

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	545g	100g
Energy (kJ/kcal)	2988 / 714	548 / 131
Fat (g)	27	5
Sat. Fat (g)	10	2
Carbohydrate (g)	80	15
Sugars (g)	10	2
Protein (g)	36	7
Salt (g)	2.41	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

13) 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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Packed in the UK

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Get Prepped

- Preheat your oven to 200°C.
- Halve and very thinly slice the **red onion**. Put half into a small bowl. Halve the **tomatoes** and pop them into another small bowl.
- Trim the **baby gem**, halve lengthways, then thinly slice widthways.
- Drain and rinse the **black beans** in a sieve.



Simmer the Sauce

- Add the **chicken stock paste** and **water for the sauce** (see ingredients for amount). Stir in the **black beans** and use a masher to gently crush them.
- Season with **salt** and **pepper**, stir together and bring to a simmer.
- Cook until thickened, 5-6 mins.



Pickle the Onion

- Halve the **lime** and **juice** one half into the bowl with the **sliced red onion**.
- Add a pinch of **salt** and **sugar**, stir well and set aside.
- Cut any remaining **lime** into wedges.



Finish Up

- Meanwhile, add the remaining **chipotle paste** into the bowl with the **halved tomatoes** (add less if you don't like heat).
- Add a drizzle of **olive oil**, season with **salt** and **pepper** and mix well.
- Once the **pork** is nearly ready, pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins.



Cook the Pork

- Heat a drizzle of **oil** in a 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. **IMPORTANT:** Wash your hands after handling raw mince. The mince is cooked when no longer pink in the middle.
- Once browned, drain and discard any excess fat. Add the remaining **onion** and cook, stirring until slightly softened, 2-3 mins.
- Add the **tomato puree** and **three quarters** of the **chipotle paste** (add less if you don't like heat). Cook, stirring, for 1 min.



Serve

- Reheat the **pork mixture** until piping hot. **TIP:** Add a splash more water if it looks dry. Taste and season with **salt** and **pepper** if needed.
- Divide the **tortillas** between plates. Serve by adding as much of the **pork** and **black bean mixture**, **sliced lettuce** and **chipotle tomatoes** as you'd like to each **tortilla**.
- Finish the **tacos** with the **pickled red onion** and serve with the **lime wedges** alongside. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!