

Pork and Black Bean Tacos



with Picked Red Onion, Chipotle Tomatoes and Lettuce

BALANCED 20 Minutes • Medium Heat • 3 of your 5 a day









Red Onion

Baby Plum Tomatoes



Baby Gem Lettuce











Chipotle Paste



Tomato Puree



Chicken Stock Powder



Taco Wraps

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools, you will need:

Sieve, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Red Onion	1	1	2
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Baby Gem Lettuce	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Lime	1/2	1	1
Pork Mince	120g	200g	240g
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Tomato Puree	½ sachet	¾ sachets	1 sachet
Water for the Pork*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Taco Wraps 13)	6	9	12

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	597g	100g
Energy (kJ/kcal)	2638/631	442/106
Fat (g)	12	2
Sat. Fat (g)	4	1
Carbohydrate (g)	89	15
Sugars (g)	14	2
Protein (g)	32	5
Salt (g)	2.72	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

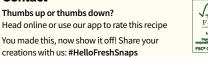
13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepped

- a) Preheat your oven to 200°C. Halve and very thinly slice the **red onion** and pop **half** of it into a small bowl.
- **b)** Halve the **tomatoes** and pop them into another small bowl. Trim the root from the baby gem lettuce then halve lengthways. Thinly slice widthways.
- c) Drain and rinse the black beans in a sieve. Halve the lime.



4. Simmer

- a) Add the water (see ingredients for amounts) and chicken stock powder, stir to dissolve the stock powder.
- b) Stir in the black beans and use a masher to gently crush them.
- c) Season with salt and pepper, stir together and bring to a simmer.
- d) Cook until thickened, 5-6 mins



2. Pickle the Onion

- a) Add half the lime juice to the bowl with the sliced red onion with a pinch of salt and sugar.
- **b)** Stir well and set aside. Cut the remaining **lime** into wedges.



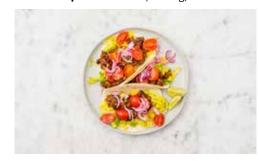
3. Brown the Pork

- a) Heat a drizzle of oil in a frying pan on high heat. When the oil is hot, add the pork mince and cook until browned, 4-5 mins. Use a wooden spoon to break it up as it cooks. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.
- **b)** Once browned, add the remaining **onion** and cook, stirring, until softened slightly, 2-3 mins.
- c) Add three quarters of the chipotle paste and the tomato puree and cook, stirring, for 1 minute.



5. Finish Up!

- a) Meanwhile, pop the remaining chipotle paste into the bowl with the halved tomatoes.
- b) Add a drizzle of olive oil, season with salt and pepper and mix well.
- c) Once the **pork** is nearly ready, pop the **tacos** onto a baking tray and bake on the top shelf of your oven until warmed through, 2-3 mins.



6. Serve

- a) Reheat the pork mixture until piping hot. **TIP:** Add a splash more water if dry! Taste and season with salt and pepper if you like.
- **b)** Divide the **tacos** between plates and spoon over the pork and black bean mixture.
- c) Top with the **sliced lettuce** then spoon over the chipotle tomatoes and finish with the pickled red onion. Serve with the lime wedges alongside.

Eniov!

BALANCED RECIPE

Low Sat Fat • Low Sugar • High Protein

Featured Ingredient: Tomatoes are a great source of vitamin C. The body cannot make or store vitamin C so it is essential to get enough from your diet. Vitamin C contributes to normal collagen formation for the normal function of skin.

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.

