



Pork and Black Bean Tacos

with Picked Red Onion, Chipotle Tomatoes and Lettuce

N° 17

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



Red Onion



Baby Plum Tomatoes



Baby Gem Lettuce



Black Beans



Lime



Pork Mince



Chipotle Paste



Tomato Puree



Chicken Stock Powder



Taco Wraps

Before you start

Our fruit, veggies and herbs need a wash before you 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	½	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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You can recycle me!



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.



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.



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.



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.

Enjoy!

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.