



# Pork and Black Bean Tacos

with Pickled Red Onion, Chipotle Tomatoes and Lettuce

**Classic** 20 Minutes • Medium Spice • 3 of your 5 a day

3



Red Onion



Baby Plum Tomatoes



Baby Gem Lettuce



Black Beans



Lime



Pork Mince



Chipotle Paste



Tomato Puree



Chicken Stock Powder



Soft Shell Taco

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Sieve, Frying Pan and Measuring Jug.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Baby Plum Tomatoes	125g	190g	250g
Baby Gem Lettuce**	1	2	2
Black Beans	1	1½	2
Lime**	½	1	1
Pork Mince**	240g	360g	480g
Chipotle Paste	1	1	2
Tomato Puree	1	2	2
Water for the Pork*	100ml	150ml	200ml
Chicken Stock Powder	1	2	2
Soft Shell Taco 13)	6	9	12

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	552g	100g
Energy (kJ/kcal)	2938 /702	532 /127
Fat (g)	22	4
Sat. Fat (g)	8	1
Carbohydrate (g)	81	15
Sugars (g)	14	3
Protein (g)	38	7
Salt (g)	2.53	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Get Prepped

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



## Simmer

- Add the **water** (see ingredients for amounts) and **chicken stock powder**, stir to dissolve the **stock powder**.
- 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

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



## Finish Up

- Meanwhile, pop the remaining **chipotle paste** into the bowl with the halved **tomatoes**.
- Add a drizzle of **olive oil**, season with **salt** and **pepper** and mix well.
- 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.



## Brown the Pork

- 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.
- Once browned, add the remaining **onion** and cook, stirring until slightly softened, 2-3 mins.
- Add **three quarters** of the **chipotle paste** and all the **tomato puree** and cook, stirring, for 1 minute.



## Serve

- 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.
- Divide the **tacos** between plates and spoon over the **pork** and **black bean mixture**.
- 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!