



Tex-Mex Style Pork Mince Tacos

with Tomato Salsa, Baby Gem, Cheese and Soured Cream

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day

11



Pork Mince



Garlic Clove



Central American
Style Spice Mix



Tomato Puree



Chicken Stock
Paste



Baby Gem
Lettuce



Mature Cheddar
Cheese



Lime



Medium Tomato



Plain Taco
Tortilla



Soured Cream

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Frying pan, garlic press, grater and baking tray.

Ingredients

Ingredients	2P	3P	4P
Pork Mince**	240g	360g	480g
Garlic Clove**	1	1	2
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Baby Gem Lettuce**	1	1½	2
Mature Cheddar Cheese** 7)	30g	45g	60g
Lime**	1	1	1
Medium Tomato	1	2	2
Plain Taco Tortilla 13)	6	9	12
Soured Cream** 7)	75g	150g	150g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	410g	100g
	2934 / 701	716 / 171
Fat (g)	35.6	8.7
Sat. Fat (g)	16.1	3.9
Carbohydrate (g)	59.7	14.6
Sugars (g)	10.0	2.4
Protein (g)	36.0	8.8
Salt (g)	2.92	0.71

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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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1



Fry your Mince

a) Heat a medium frying pan on medium-high heat (no oil).

b) Once hot, add the **pork mince** and cook until browned, 4-5 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.

c) Season with **salt** and **pepper**.

2



Simmer and Spice

a) Meanwhile, peel and grate the **garlic** (or use a garlic press).

b) Add the **garlic**, **Central American style spice mix** (add less if you'd prefer things milder) and **tomato puree** to the **mince**. Stir-fry for 1 min.
IMPORTANT: The mince is cooked when no longer pink in the middle.

c) Stir in the **water for the sauce** (see ingredients for amount) and **chicken stock paste**. Lower the heat and simmer until thickened, 1-2 mins.

d) Once thickened, taste and season with **salt** and **pepper** if needed.

3



Get Prepped

a) Meanwhile, preheat your oven to 220°C/200°C fan/gas mark 7.

b) Trim the **baby gem**, halve lengthways, then thinly slice widthways.

c) Grate the **cheese**.

d) Halve the **lime**.

4



Make the Salsa

a) Chop the **tomato** into small pieces and pop into a medium bowl.

b) Drizzle over a little **olive oil**, squeeze in some **lime juice**, then season with **salt** and **pepper**. Mix together.

c) Cut any remaining **lime** into **wedges**.

5



Warm the Tortillas

a) Just before you are ready to serve, pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins.

6



Assemble and Serve

a) When everything is ready, lay the **tortillas** onto your serving plates (3 per person).

b) Make your **tacos** by starting with the **baby gem**, then add spoonfuls of the **mince**, **cheese** and **tomato salsa** - as much as you'd like.

c) Finish with a dollop of **soured cream**.

d) Serve the **lime wedges** alongside for squeezing over. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!