



# Pork and Sweetcorn Tacos

with charred veg and zesty creme fraiche

Quick Cook 20 – 25 mins • Optional spice

15



Pork Mince



Tortilla



Sweetcorn



Bell Pepper



Chilli



Onion



Central American  
Style Spice Mix



Garlic



Coriander



Lemon



Creme Fraiche



Tomato Paste

Pantry Items: Oil, Salt, Pepper, Water, Sugar



Rate your recipe!

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater, sieve, zester

## Ingredients

|                                  | 2P        | 4P        |
|----------------------------------|-----------|-----------|
| Pork Mince                       | 250 g     | 500 g     |
| Tortilla                         | 8 units   | 16 units  |
| Sweetcorn                        | 1 pack    | 2 packs   |
| Bell Pepper                      | 1 unit    | 2 units   |
| Chilli                           | ½ unit    | 1 unit    |
| Onion                            | 1 unit    | 2 units   |
| Central American Style Spice Mix | 2 sachets | 4 sachets |
| Garlic                           | 1 unit    | 2 units   |
| Coriander                        | 5 g       | 10 g      |
| Lemon                            | 1 unit    | 2 units   |
| Crema Fraiche                    | 110 g     | 220 g     |
| Tomato Paste                     | 1 tin     | 2 tins    |

## Nutrition

|                          | Per serving          | Per 100g            |
|--------------------------|----------------------|---------------------|
| for uncooked ingredients | 587.3 g              | 100 g               |
| Energy (kJ/kcal)         | 3518 kJ/<br>841 kcal | 599 kJ/<br>143 kcal |
| Fat (g)                  | 39.3 g               | 6.7 g               |
| Sat. Fat (g)             | 19 g                 | 3.2 g               |
| Carbohydrate (g)         | 85.2 g               | 14.5 g              |
| Sugars (g)               | 20.9 g               | 3.6 g               |
| Protein (g)              | 40.3 g               | 6.9 g               |
| Salt (g)                 | 3.1 g                | 0.5 g               |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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## Get Prepped

- Preheat your oven (for the **tortillas**) to 220°C/200°C fan/gas mark 7.
- Halve and deseed the **bell pepper**. Chop into 1cm chunks.
- Drain and rinse the **corn** in a sieve. Peel and grate the **garlic** (or use a garlic press).
- Halve, peel and thinly slice the **onion**.
- Halve the **chilli** and discard the core and seeds. Finely chop **half** (double for 4p).

**TIP:** If you want to avoid turning on your oven you can dry-fry the tortillas in a pan instead.



## Warm the Tortillas

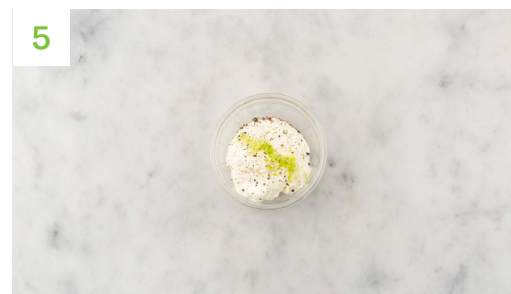
- Meanwhile, pop the **tortillas** in the oven to warm, 1-2 mins.
- Roughly chop the **coriander** (stalks and all).



## Char the Veg

- Place a large pan over medium-high heat (without oil)
- When the pan is hot, add the **onion, pepper, corn** and chopped **chilli** (use less if you don't like spice).
- Cook, stirring occasionally, until the veg is dark golden brown, 4-5 mins.

**TIP:** Char in batches if necessary to avoid overcrowding the pan.



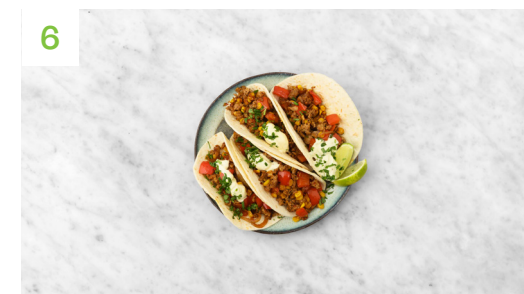
## Mix the Crema Fraiche

- Zest and quarter the **lemon**.
- In a small bowl, stir together **crema fraiche** and **lemon** zest.
- Season to taste with **salt, pepper** and **lemon** juice.



## Cook the Pork

- Add the **pork, garlic** and **Central American spice** with a drizzle of **oil** if necessary.
- Fry until cooked through, breaking it up as it cooks, 3-4 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Add the **tomato paste**, ½ tsp **sugar** and 25ml of **water** (double both for 4p). Simmer for 2-3 mins.
- Season to taste with **salt** and **pepper**. Add a splash more **water** to loosen if required.



## Assemble and Serve

- Divide the **tortillas** between plates, then top with taco filling.
- Dollop with zesty **crema fraiche**.
- Sprinkle with **coriander** and serve remaining **lemon** wedges alongside.

Enjoy!