



MEXICAN PORK TOSTADAS

with Roasted Peppers and Zesty Soured Cream



HELLO PAPIRIKA

Paprika has been used by zoos to keep flamingos pink!



Lime



Garlic Salt



Smoked Paprika



Ground Cumin



Pork Shoulder Steak



Green Pepper



Red Pepper



Soured Cream



Rocket



Whole Wheat Soft Tortillas

MEAL BAG

4

35 mins

2 of your 5 a day

Cook within 2 days of delivery

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a Fine **Grater**, **Mixing Bowl**, **Baking Paper**, two **Baking Trays**, **Large Frying Pan** and **Sieve**. Now, let's get cooking!



1 MARINATE THE PORK

Preheat your oven to 200°C. Zest the **lime** then chop into wedges. Mix the **garlic salt**, **smoked paprika**, **ground cumin** and **half the lime zest** together in a mixing bowl. Chop the **pork shoulder steaks** into roughly 2cm chunks, add to the bowl and use your hands to coat the **meat** in the **spices**. Set aside.

! IMPORTANT: Remember to wash your hands and equipment after handling raw meat.



2 ROAST THE PEPPERS

Halve the **peppers** and remove the cores and seeds. Slice into thin strips. Pop on a lined baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out in one layer and roast on the top shelf of your oven until soft and slightly charred, 15-20 mins.



3 MAKE THE ZESTY CREAM

Meanwhile, pop the **soured cream** in a small bowl. Stir in the remaining **lime zest** and a pinch of **salt** and **pepper**. Squeeze **half the lime juice** into a large bowl and mix in a drizzle of **oil**. Pop the **rocket** in the bowl but don't toss it together yet - we will do that at the last minute! Lay the **tortillas** out in one even layer on another lined baking tray. Drizzle with **oil** then sprinkle with **salt** and **pepper**.



4 FRY THE PORK

Heat a good glug of **oil** in a large frying pan on high heat. When really hot, add the **pork** and fry, turning occasionally, until browned and crispy all over, 5-6 mins.

! IMPORTANT: The pork is cooked when it is no longer pink in the middle. **★ TIP:** You may need to fry your pork in batches - you want it to get nice and crispy!



5 BAKE THE TOSTADAS

While the **pork** cooks, bake the **tortillas** on the middle shelf of your oven until golden and crispy, 5-6 mins. **★ TIP:** Keep an eye on them - you want them crisp but not burnt! When the **pork** is done, transfer to a sieve or a plate lined with kitchen paper to drain off any excess fat.



6 TOSTADAS ASSEMBLE

To serve, share the baked **tortillas** between your plates. Toss the **rocket** to coat it in the **limey dressing** and pop a handful of **rocket** on each **tortilla**, then the roasted **peppers**. Top with the **Mexican pork** and a drizzle of **zesty soured cream**. Finish with the **lime wedges**, for squeezing over.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Lime	1	1½	2
Garlic Salt	1 pot	1½ pots	2 pots
Smoked Paprika	1 small pot:	¾ large pot	1 large pot
Ground Cumin	1 small pot:	¾ large pot	1 large pot
Pork Shoulder Steak	2	3	4
Green Pepper	1	2	2
Red Pepper	1	1	2
Soured Cream ⁷⁾	1 pouch	1½ pouches	2 pouches
Rocket	1 bag	1½ bags	2 bags
Whole Wheat Soft Tortillas ¹³⁾	4	6	8

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 518G	PER 100G
Energy (kcal)	667	129
(kJ)	2791	539
Fat (g)	34	7
Sat. Fat (g)	15	3
Carbohydrate (g)	49	10
Sugars (g)	9	2
Protein (g)	40	8
Salt (g)	3.08	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

⁷⁾ Milk 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.

👍 THUMBS UP OR THUMBS DOWN?

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