



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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Packed in the UK

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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!