



# Tex-Mex Pork & Bean Tacos

with Avocado & Charred Corn Salsa

Grab your Meal Kit with this symbol



Sweetcorn



Red Kidney Beans



Garlic



Tomato



Coriander



Cos Lettuce



Avocado



Pork Mince



Tex-Mex Spice Blend



Passata



BBQ Sauce



Lime



Mini Flour Tortillas



Greek Yoghurt

Hands-on: 30 mins  
Ready in: 30 mins

Get ready for a hand-held feast of Tex-Mex delights! Lightly spiced tender pork with red kidney beans, corn salsa, avocado and creamy yoghurt makes these family-friendly tacos an easy dinner winner.

### Pantry items

Olive Oil

## Before you start

Our fruit and veggies need a little wash first!

### You will need

Large frying pan

### Ingredients

	4 People
olive oil*	refer to method
sweetcorn	1 tin (125g)
red kidney beans	½ tin
garlic	2 cloves
tomato	2
coriander	1 bag
cos lettuce	1 head
avocado	1
pork mince	1 packet
Tex-Mex spice blend	1½ sachets
salt*	¼ tsp
passata	1 box (200g)
BBQ sauce	1 tub (40g)
water*	2 tsp
lime	1
mini flour tortillas	12
Greek yoghurt	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2660kJ (635Cal)	511kJ (122Cal)
Protein (g)	36.6g	7.0g
Fat, total (g)	25.5g	4.9g
- saturated (g)	6.6g	1.3g
Carbohydrate (g)	58.5g	11.2g
- sugars (g)	13.2g	2.5g
Sodium (g)	1190mg	228mg

### Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



### 1. Get prepped

Drain the **sweetcorn**. Drain and rinse the **red kidney beans (see ingredients list)**. Finely chop the **garlic** (or use a garlic press). Finely chop the **tomato**. Roughly chop the **coriander**. Shred the **cos lettuce**. Thinly slice the **avocado**.

**TIP:** Slice the avocado while the flesh is still in the skin, then scoop out the slices with a spoon.



### 2. Char the corn

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly charred, **3-4 minutes**. Transfer to a bowl and set aside.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.



### 3. Brown the pork

Return the frying pan to a high heat with a **drizzle of olive oil**. Add the **pork mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**.



### 4. Add flavour to the pork

Reduce the heat to medium-high and add the **garlic** to the frying pan. Cook until fragrant, about **1 minute**. Add **1 1/2 sachets of Tex-Mex Spice blend**, the **red kidney beans** and **salt** and stir to coat. Add the **passata**, **BBQ sauce** and **water** and mix well. Cook, stirring, until heated through, **1-2 minutes**. Season to taste with **salt** and **pepper**.



### 5. Make the salsa

Just before serving, cut the **lime** into wedges. Add the **tomato** and **coriander** to the bowl with the **corn**. **Drizzle** with **olive oil** and a **good squeeze of lime juice**. Toss to combine and season to taste with **salt** and **pepper**. Set aside. Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through.

**TIP:** Reserve the coriander for the adult portions if you like!



### 6. Serve up

Take everything to the table to serve. Build your tacos by topping the tortillas with cos lettuce, Tex-Mex pork and bean mix, avocado slices, **Greek yoghurt** and the charred corn salsa. Serve with the remaining lime wedges.

**Enjoy!**