



Product Spotlight: Mughal Foods

The wraps used in this dish are made by local WA bakery, Mughal Foods.

They use 100% Australian-grown wheat flour and avoid preservatives or artificial additives.



Smashed Pork Tacos

with Pineapple Salsa

These smashed pork tacos are a summer dinner treat! Pork patties, smashed into a wheat wrap and cooked to crispy perfection, served with a tropical pineapple salsa and mild chipotle and lime sauce.

 30 minutes

 2 servings

 Pork

Wrap it up!

To speed up this meal, cook the pork mince and spice in a large frypan. Serve in warmed wraps with pineapple salsa and chipotle & lime dressing.

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 64g | 55g | 91g |

FROM YOUR BOX

| | |
|--------------------------|----------|
| TINNED PINEAPPLE | 225g |
| TOMATO | 1 |
| LEBANESE CUCUMBER | 1 |
| CORIANDER | 1 packet |
| PORK MINCE | 500g |
| WHEAT WRAPS | 12-pack |
| CHIPOTLE & LIME DRESSING | 100g |

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, smoked paprika

KEY UTENSILS

large frypan

NOTES

Save pineapple juice by freezing in an ice tray. Add to water for a fresh flavoured drink, use in smoothies or icy pole moulds.

Use the flat plate of your BBQ to cook as many tacos as you can fit at once!

Use a spatula to press the taco down into the pan to further flatten the pork.

For extra toppings, add chopped pickles, slices of pickled onion or sliced avocado.

No gluten option - wheat wraps are replaced with corn tortillas.



1. PREPARE THE SALSA

Drain and dice pineapple (see notes). Dice tomato and cucumber. Chop coriander. Toss to combine.



2. PREPARE THE PORK

Combine pork mince with **1 tbsp smoked paprika, 2 tsp cumin, salt and pepper**. Divide into 12 evenly-sized meatballs.



3. PREPARE THE TACOS

Heat a frypan (see notes) over medium-high heat with **oil** (for step 4). Press pork mince flat onto one side of each wrap. Prepare in batches as they cook in step 4.



4. COOK THE TACOS

Place tacos, pork side down into pan and cook for 4-5 minutes (see notes). Turn over and cook for 1 minute. Remove to a plate and repeat with remaining prepared wraps.



5. FINISH AND SERVE

Fill the tacos at the table with prepared salsa and chipotle lime dressing to taste (see notes).



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