



### Product Spotlight: Avocado

Did you know that avocado is a fruit?  
Just 1/3 of an avocado contains  
20 different vitamins and minerals!  
It is the only fruit to contain heart  
healthy monounsaturated fat...  
good fat!



## Smoky Pork Crunchy Tacos

Smoky pork mince served with a rainbow of red cabbage, diced tomato and avocado slices, stuffed into crunchy taco shells with tangy yoghurt.



30 minutes



2 servings



Pork

### Spice it up!

*To spice up the pork mince, add extra smoked paprika, ground cumin, coriander, and dried oregano. For extra spice, add a pinch of cayenne pepper.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	62g	53g	58g

## FROM YOUR BOX

RED CABBAGE	1/4
TOMATO	1
AVOCADO	1
BROWN ONION	1
PORK MINCE	500g
TOMATO PASTE	1 sachet
TACO SHELLS	12-pack
GREEK YOGHURT	1 tub

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, smoked paprika

## KEY UTENSILS

large frypan

## NOTES

For picky eaters, leave the cabbage undressed. Alternatively, for extra flavour, dress with yoghurt or mayonnaise.

For extra flavour in your yoghurt, add the zest and juice of a lime and a crushed garlic clove.



### 1. PREPARE THE FILLINGS

Set oven to 180°C.

Thinly slice **cabbage**. Add to a bowl and dress with **3 tbsp olive oil**, **2 tbsp vinegar**, **salt and pepper** (see notes).

Dice **tomato** and slice **avocado**.



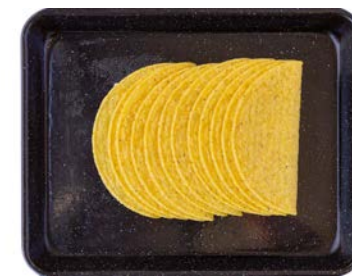
### 4. FINISH AND SERVE

Assemble tacos at the table with pork, fillings and **yoghurt** (see notes).



### 2. COOK THE PORK

Heat a frypan over medium-high heat with **oil**. Slice **onion** and cook for 2-3 minutes until softened. Add **pork**, **tomato paste**, **1 tbsp paprika** and **1/4 cup water**. Cook for 8 minutes. Season to taste with **salt and pepper**.



### 3. WARM THE TACO SHELLS

Warm the **taco shells** in the oven for 3-4 minutes.



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