



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
	37g	34g	38g

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
NATURAL 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**.



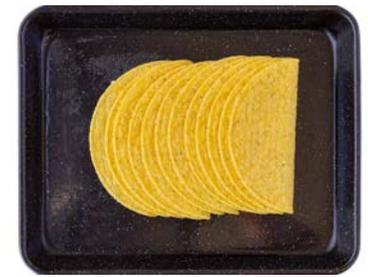
4. FINISH AND SERVE

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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