



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.

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.



30 minutes



4 servings



Pork

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	36g	54g

FROM YOUR BOX

CORN COBS	2
RED CABBAGE	1/4
TOMATOES	2
AVOCADOS	2
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. COOK THE CORN

Set oven to 180°C.

Heat a frypan over medium-high heat. Cut **corn** into cobettes. Coat with **oil, salt and pepper**. Add to pan and cook, turning occasionally, for 8-10 minutes until charred. Remove corn and reserve pan.



2. PREPARE THE FILLINGS

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

Dice **tomatoes** and slice **avocados**.



3. COOK THE PORK

Reheat frypan over medium-high heat. 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**.



4. WARM THE TACO SHELLS

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



5. FINISH AND SERVE

Assemble tacos at the table with pork, fillings and **yoghurt** (see notes). Serve with corn cobs on the side.



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