



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



4/6 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	35g	39g

FROM YOUR BOX

	4 PERSON	6 PERSON
CORN COBS	2	3
RED CABBAGE	1/4	1/2
TOMATOES	2	3
AVOCADOS	2	2
BROWN ONION	1	1
PORK MINCE	500g	2 x 500g
TOMATO PASTE	1 sachet	2 sachets
TACO SHELLS	12-pack	2 x 12-pack
GREEK YOGHURT	1 tub	2 tubs

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.



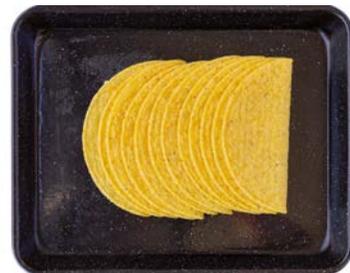
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1. COOK THE CORN

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.



4. WARM THE TACO SHELLS

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



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**.

6P - Dress with **3 tbsp olive oil, 3 tbsp vinegar, salt and pepper**.



5. FINISH AND SERVE

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



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 smoked paprika** and **1/4 cup water**. Cook for 8 minutes. Season to taste with **salt and pepper**.

6P - Use **2 tbsp smoked paprika** and **1/2 cup water**.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0448 042 515** or send an email to **hello@dinnertwist.com.au**

