



### Product Spotlight: Lime

Lime offers a heap of vitamins and minerals, including potassium. Potassium is important for maintaining nerve and muscle function as well as healthy blood pressure levels.



## Grilled Pork Koftas in Corn Tortillas

Pork koftas with a whipped avocado sauce, zingy lime juice, fresh corn kernels, crunchy radish and naturally gluten-free corn tortillas.



35 minutes



2 servings



Pork

## Switch it up!

*If you don't want to make the koftas, there is still a delicious meal to be had here. Simply heat a frypan over medium-high heat, add the pork mince with your spices and cook for 8-10 minutes with a splash of water.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	61g	30g	56g

## FROM YOUR BOX

PORK MINCE	500g
CORIANDER	1 packet
LIME	1
AVOCADO	1
CORN COB	1
BABY COS LETTUCE	1
CORN TORTILLAS	1 packet

## FROM YOUR PANTRY

oil for cooking, salt and pepper, ground coriander, ground cumin, dried chilli flakes (optional)

## KEY UTENSILS

large frypan, small blender or stick mixer, griddle pan, fresh tea towel

## NOTES

If you don't have a blender or stick mixer you can mash the avocado with a fork until it's as smooth as you can get it, then stir through the remaining ingredients until combined.

Tortillas could also be warmed in a sandwich press. Keep tortillas warm by wrapping in a fresh tea towel until serving.



### 1. MAKE THE KOFTA MIX

In a large bowl, mix together **pork mince**, half **coriander** (roughly chopped), zest of **lime**, **2 tsp ground coriander**, **1 tsp cumin**, **dried chilli flakes** to taste (optional), **salt and pepper**. Using 2 tbsp of mixture at a time, form into koftas.



### 2. BLEND THE SAUCE

In a small blender (see notes) add juice of **1/2 lime** (wedge remaining), **avocado**, **salt and pepper**. Blend to a smooth consistency.



### 3. PREPARE THE FRESH FILLINGS

Cut kernels from **corn cob**, slice **lettuce**, trim **coriander**.



### 4. COOK THE KOFTAS

Heat a griddle pan or frypan over high heat with **oil**. Add koftas and cook for 6-8 minutes, turning, until cooked through.



### 5. WARM THE TORTILLAS

Warm **tortillas** in a dry frypan in batches, according to packet instructions. Keep warm until serving (see notes).



### 6. FINISH AND SERVE

Make a platter of koftas, fresh toppings, tortillas and sauce for everyone to build their own tortilla.



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