



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



4/6 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
4/6 Person:	36g	36g	42g

FROM YOUR BOX

	4 PERSON	6 PERSON
PORK MINCE	500g	2 x 500g
CORIANDER	1 packet	2 packets
LIME	1	2
AVOCADOS	2	3
CORN COB	1	2
RADISH	1 bunch	1 bunch
BABY COS LETTUCE	1	2-pack
CORN TORTILLAS	1 packet	2 packets

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.



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1. MAKE THE KOFTA MIX

Combine **pork mince**, **1/2 packet chopped coriander**, **zest of 1 lime**, **2 tsp ground coriander**, **1 tsp cumin**, **chilli flakes to taste**, **salt and pepper**. Form into koftas using 2 tbsp.

6P – mix pork with 1 packet coriander, zest of 2 limes. 1 tbsp ground coriander and 1/2 tbsp cumin.



2. BLEND THE SAUCE

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

6P – blend avocados with juice of 1 lime (wedge remaining lime).



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.

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**

