

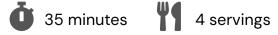




# **Grilled Pork Koftas**

# In Corn Tortillas

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







# 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.

PROTEIN TOTAL FAT CARBOHYDRATES

32g

37g

#### **FROM YOUR BOX**

| PORK MINCE       | 500g     |
|------------------|----------|
| CORIANDER        | 1 packet |
| LIME             | 1        |
| AVOCADOS         | 2        |
| CORN COB         | 1        |
| RADISH           | 1 bunch  |
| 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.

No pork option - pork mince is replaced with chicken mince.



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#### 1. MAKE THE KOFTA MIX

In a large bowl, mix together pork mince, sliced spring onions, 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 and salt and pepper. Blend to a smooth consistency.



#### 3. PREPARE THE FRESH FILLINGS

Cut kernels from **corn cobs**, thinly slice **radishes** and **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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