



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 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
	32g	25g	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.



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.



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.



5. WARM THE TORTILLAS

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



3. PREPARE THE FRESH FILLINGS

Cut kernels from **corn cobs**, thinly slice **radishes** and **lettuce**, trim coriander.



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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