



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BLACK RICE

Forbidden Black Rice has a delicious nutty taste and magical aromas, as well as superior health benefits that make it a new alternative to white and brown rice.



3. MEXICAN PORK LETTUCE CUPS

Crisp lettuce cups filled with Mexican spiced pork mince and black rice, served with guacamole and salsa.

 30 Minutes

 4 Servings

25 May 2020

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
23g	18g	62g

FROM YOUR BOX

BLACK RICE	300g
TOMATOES	2
GREEN CAPSICUM	1
SHALLOT	1
AVOCADO	1
LIME	1
BABY COS LETTUCE	2 pack
PORK MINCE	300g
TOMATO PASTE	1 sachet

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, red wine vinegar, ground cumin, smoked paprika

KEY UTENSILS

saucepan, frypan

NOTES

Spice up the dish - add ground coriander or cayenne to the pork mince. Add fresh coriander to the salsa.

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



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15 minutes or until tender. Drain, rinse and set aside.



2. PREPARE THE SALSA

Dice tomatoes, capsicum and shallot. Toss with **1/2 tbsp vinegar**, **1/2 tbsp olive oil**, **salt and pepper**.



3. MAKE THE GUACAMOLE

Mash avocado with 1/2 lime zest and juice (wedge remaining).

Separate and rinse lettuce leaves.



4. COOK THE PORK

Heat a frypan over medium-high heat with **oil**. Add pork mince, **1 tbsp cumin** and **1 tbsp paprika**. Cook for 6-8 minutes until cooked through (add more oil if needed)



5. ADD THE RICE

Stir in tomato paste and **1/2 cup water**. Add cooked rice and toss until well combined. Season to taste with **salt and pepper**.



6. FINISH AND PLATE

Serve lettuce cups at the table with pork rice, salsa, guacamole and lime wedges.