



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

 2 Servings

25 May 2020

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
39g	35g	64g

## FROM YOUR BOX

BLACK RICE	150g
TOMATO	1
GREEN CAPSICUM	1
RED ONION	1/4 *
AVOCADO	1
LIME	1
BABY COS LETTUCE	1
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 tomato, capsicum and onion. 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, **1/2 tbsp cumin** and **1/2 tbsp paprika**. Cook for 6-8 minutes until cooked through (add more oil if needed)



### 5. ADD THE RICE

Stir in tomato paste and **1/4 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.