



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Alfalfa sprouts

Sprouts have many of the great benefits found in seeds but are even healthier because of the sprouting process which brings out enzymes. They also carry more protein, vitamins and minerals than unsprouted seeds.



## 2 Soft Pork Tacos

Mexican spiced pork mince wrapped in La Tortilla corn tortillas along with tomato salsa, avocado and sprouts.

 20 minutes

 2 servings




 Pork

11 June 2021

## Mash the Avo

*Mash the avocado with some spices such as smoked paprika or cumin, lime zest/juice, salt and pepper for a simple guacamole!*

## FROM YOUR BOX

CHERRY TOMATOES	1/2 packet (100g) *
SHALLOT	1
CORIANDER	1 packet
LIME	1
PORK MINCE 	300g
TOMATO PASTE	1 sachet
AVOCADO	1
ALFALFA SPROUTS	1/2 punnet *
SOUR CREAM	1/2 tub (100g) *
CORN TORTILLAS	8-pack
 TINNED LENTILS	400g
 CORN COB	1

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin and smoked paprika


## KEY UTENSILS

frypan x 2

## NOTES

Zest lime and combine with sour cream! Keep coriander and tomatoes separate if not everyone enjoys these!

**No pork option** – pork mince is replaced with chicken mince.

 **VEG OPTION** – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.



### 1. PREPARE TOMATO SALSA

Quarter cherry tomatoes and dice 1/2 shallot. Chop coriander. Toss in a bowl with juice from 1/2 lime (see notes), a drizzle of **olive oil, salt and pepper**. Set aside.



### 2. COOK THE PORK


Heat a pan with **oil** over medium heat. Dice remaining shallot and add to pan with pork. Cook for 3–4 minutes, season with **1 tsp cumin and 1 tsp smoked paprika**. Stir in tomato paste and **2 tbsp water**. Simmer for 5 minutes.

 **VEG OPTION** – Cook as above adding **tinned lentils instead of pork mince**.



### 3. PREPARE REMAINING

Slice avocado and wedge remaining lime. Arrange on a plate with alfalfa sprouts and sour cream.

 **VEG OPTION** – prepare as above. **Shuck corn cob and place in a saucepan of water. Bring to the boil, drain and add to platter for serving.**



### 4. WARM THE TORTILLAS

Heat another frypan over medium-high heat. Warm corn tortillas for 10 seconds on each side. Place in a clean kitchen towel as you go to keep warm.



### 5. FINISH AND SERVE

Take all the prepared ingredients to the table for everyone to assemble their own tacos.

**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 **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

