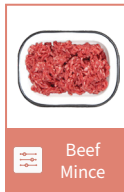
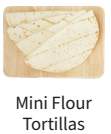
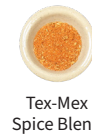
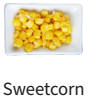


# Quick Tex-Mex Pork Tacos

with Charred Corn & Avocado Salsa

Grab your Meal Kit with this symbol



Hands-on: **18-28 mins**  
Ready in: **20-30 mins**

Get ready for a hand-held feast of Tex-Mex delights! Lightly spiced tender pork, corn salsa, avocado and sour cream make these tacos an easy dinner winner.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
avocado	1	2
tomato	1	2
carrot	1	2
coriander	1 bag	1 bag
lemon	½	1
sweetcorn	1 tin (125g)	1 tin (300g)
Tex-Mex spice blend	1 sachet	2 sachets
pork mince	1 small packet	1 medium packet
enchilada sauce	1 packet (150g)	1 packet (300g)
water*	¼ cup	½ cup
mini flour tortillas	6	12
light sour cream	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

### Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3747kJ (896Cal)	545kJ (130Cal)
Protein (g)	39.4g	5.7g
Fat, total (g)	47.9g	7g
- saturated (g)	14.4g	2.1g
Carbohydrate (g)	65.3g	9.5g
- sugars (g)	19.7g	9.5g
Sodium (mg)	1298mg	189mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3729kJ (891Cal)	542kJ (130Cal)
Protein (g)	43g	6.3g
Fat, total (g)	45.8g	6.7g
- saturated (g)	14.2g	2.1g
Carbohydrate (g)	65.3g	9.5g
- sugars (g)	19.7g	9.5g
Sodium (mg)	1310mg	191mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

2021 | CW29



## Get prepped

- Cut **avocado** into small cubes. Finely chop **tomato**. Grate **carrot**. Roughly chop **coriander**. Zest **lemon** to get a generous pinch and slice into wedges. Drain **sweetcorn**.
- Heat a large frying pan over a high heat. Cook **sweetcorn** until lightly charred, **4-5 minutes**. Transfer to a medium bowl to cool slightly.



## Make the salsa

- Add **avocado, tomato, coriander, lemon zest** and a generous squeeze of **lemon juice** to the **corn** and toss. Season.
- Microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.



## Cook the pork

- Return frying pan to a medium-high heat with a drizzle of **olive oil**. Add **carrot** and **Tex-Mex spice blend** and cook until softened, **1-2 minutes**.
- Add **pork mince** and cook, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **enchilada sauce** and the **water** and cook until heated through and well combined, **1 minute**.

## CUSTOM RECIPE

If you've swapped to beef mince, cook it the same way as the pork mince.



## Serve up

- Fill each taco with Tex-Mex pork and charred corn and avocado salsa.
- Top with **light sour cream** and serve with any leftover lemon wedges.

## Enjoy!