



# U C O O K

— COOKING MADE EASY

## CARIBBEAN PORK TACOS

with a dried mango, lime & avocado salsa

Wrap up in the buttery warmth of soft, flakey mini rotis with cajun-spiced pork mince and black beans. Then, sit back and let a zesty, tropical salsa bring you dreams of island sunshine.

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**Prep + Active Time:** 20 minutes

**Total Cooking Time:** 35 minutes

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 **Serves:** 2 people

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 **Chef:** Samantha Finnegan

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 **Easy Peasy**

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## Ingredients

|      |                                      |
|------|--------------------------------------|
| 1    | Onion                                |
|      | <i>peeled &amp; thinly sliced</i>    |
| 40g  | Dried Mango                          |
|      | <i>roughly chopped</i>               |
| 2    | Limes                                |
|      | <i>zested &amp; cut into wedges</i>  |
| 1    | Avocado                              |
| 300g | Pork Mince                           |
| 120g | Black Beans                          |
|      | <i>drained &amp; rinsed</i>          |
| 20ml | NOMU Cajun Rub                       |
| 100g | Corn                                 |
| 8    | Cocktail Rotis                       |
| 40g  | Green Leaves                         |
|      | <i>rinsed &amp; roughly shredded</i> |
| 1    | Chilli                               |
|      | <i>deseeded &amp; thinly sliced</i>  |
| 8g   | Fresh Coriander                      |
|      | <i>rinsed &amp; roughly chopped</i>  |

## From Your Kitchen

Salt & Pepper  
Oil (cooking, olive & coconut)  
Water  
Paper Towel



### CHEF'S TIP

Pork mince is naturally salty, so be careful not to over season!

## 1. BEFORE YOU GET GOING

Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

## 2. CRISPY ONIONS

Place a large pan over a high heat with enough oil to cover the base. When hot, add in half of the sliced onion and shallow fry in a single layer for 3-4 minutes until golden and becoming crispy. Remove from the pan on completion, set aside to drain on some paper towel, and season to taste.

## 3. FRESHEN UP

Halve the avocado and remove the pip. Scoop out the avocado flesh and cut into cubes. Place in a bowl with the chopped dried mango. Add a drizzle of olive oil, a squeeze of lime juice, and some lime zest to taste. Toss to combine and season to taste.

## 4. CAJUN PORK FILLING

Wipe down the pan if necessary and return to a medium-high heat with a drizzle of oil. When hot, fry the remaining sliced onion for 1-2 minutes until soft and translucent. Add the pork mince and work quickly to break it up as it starts to cook. Allow to caramelise for 5-7 minutes until browned, stirring occasionally. Then, add the drained black beans, the corn, and the Cajun Rub to taste. Cook for a further 3-4 minutes. Remove from the heat on completion.

## 5. BUTTERY ROTIS

Place a clean pan over a medium heat. Heat the rotis for about 1 minute per side until warmed through and lightly toasted. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds.

## 6. TUCK IN!

Time to assemble your easy peasy tacos! Place some shredded green leaves on a soft, buttery roti and spoon over the Caribbean pork mince. Top with the mango and avocado salsa, some sliced chilli to taste, and the chopped coriander. To finish, sprinkle with the homemade crispy onions. Fold up and "taco in"!

## Nutritional Information

Per 100g

|                    |     |
|--------------------|-----|
| Energy (kj)        | 742 |
| Energy (kcal)      | 177 |
| Protein            | 7   |
| Carbs              | 18  |
| of which sugars    | 5   |
| Fibre              | 2   |
| Fat                | 8   |
| of which saturated | 2   |
| Salt               | 0   |

Cook within: 2 days

Allergens: Gluten Dairy Allium Wheat Sulphites Soy



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Quick Prep



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