



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.

Prep + Active Time: 30 minutes

Total Cooking Time: 50 minutes

 **Serves:** 4 people

 **Chef:** Samantha Finnegan

 **Easy Peasy**

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Ingredients

2	Onions
	<i>peeled & thinly sliced</i>
80g	Dried Mango
	<i>roughly chopped</i>
3	Limes
	<i>zested & cut into wedges</i>
2	Avocados
600g	Pork Mince
240g	Black Beans
	<i>drained & rinsed</i>
40ml	NOMU Cajun Rub
200g	Corn
16	Cocktail Rotis
80g	Green Leaves
	<i>rinsed & roughly shredded</i>
2	Chillies
	<i>deseeded & thinly sliced</i>
15g	Fresh Coriander
	<i>rinsed & 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 4-5 minutes until golden and becoming crispy. Remove from the pan on completion, set aside to drain on some paper towel, and season to taste. Do this step in batches for the crispiest results.

3. FRESHEN UP

Halve the avocados and remove the pips. 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 2-3 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 7-8 minutes until browned, stirring occasionally. Then, add the drained black beans, the corn, and the Cajun Rub to taste. Cook for a further 4-5 minutes. Remove from the heat on completion.

5. BUTT ERY 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 avo 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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