



UCCOOK

Island Holiday Pork Tacos

with a tangy avocado & dried mango salsa

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


Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 Easy Peasy

 Cavalli Estate | Filly

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Ingredients & Prep

1	Onion <i>½ peeled & finely sliced</i>
1	Avocado
20g	Dried Mango <i>roughly chopped</i>
1	Lime <i>½ zested & cut into wedges</i>
150g	Pork Mince
60g	Black Beans <i>drained & rinsed</i>
50g	Corn
10ml	NOMU Cajun Rub
4	Cocktail Roti
20g	Green Leaves <i>rinsed & roughly shredded</i>
1	Fresh Chilli <i>deseeded & thinly sliced</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. CRISPY ONIONS Place a large pan over a high heat with enough oil to cover the base. When hot, add in ½ of the sliced onion and shallow fry in a single layer for 2-3 minutes until golden and becoming crispy. Remove from the pan on completion, set aside to drain on paper towel, and season to taste.

2. FRESHEN UP Halve the avocado and set aside the half containing the pip for another meal. Scoop the flesh out of the other half and cut into bite-sized chunks. 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.

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

4. 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. Stack and cover with a tea towel to keep warm.

5. TUCK IN! Time to assemble your easy peasy tacos! Place some shredded leaves on a soft, buttery roti and spoon over the 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”!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	740kJ
Energy	177Kcal
Protein	7.1g
Carbs	18g
of which sugars	5g
Fibre	3g
Fat	8.7g
of which saturated	2.5g
Sodium	267mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Soy

Cook
within 2
Days