



U C O O K

— COOKING MADE EASY

Crunchy Crumbed Pork Tacos

with a gluten-free quinoa crust, sour cream & jalapeños

Crispy, creamy, fresh, and gluten-conscious: all you could want from tacos! Flavoursome pork schnitzel, crumbed with organic quinoa flakes and folded in corn tortillas along with charred corn and a zesty salsa.

Hands-On Time: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 **Easy Peasy**

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Ingredients & Prep

1	Spring Onion <i>thinly sliced</i>
15g	Pickled Jalapeños <i>drained & roughly chopped</i>
20g	Radish <i>rinsed & thinly sliced into rounds</i>
3g	Fresh Coriander <i>rinsed & finely chopped</i>
1	Lime <i>zested & cut into wedges</i>
45ml	Sour Cream
150g	Pork Schnitzel (without crumb)
15ml	Corn Flour
100ml	BIO XXI Quinoa Flakes
50g	Corn
4	Soft Corn Tortillas
20g	Green Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Milk (optional)
Paper Towel

1. ZINGY SALSA & ZESTY SOUR CREAM Place the sliced spring onion, chopped jalapeños, and radish rounds in a bowl. Add three-quarters of the chopped coriander, a drizzle of olive oil, and a squeeze of lime juice. Toss to combine, season, and set aside to pickle. Place the sour cream in a bowl and mix in the remaining chopped coriander and some lime zest to taste. Loosen with milk or water in 5ml increments until a thick drizzling consistency. Season and set aside for serving.

2. CRUMB THE PORK Whisk 1 egg in a shallow dish with 1 tsp of water. Prepare two more shallow dishes: one containing the corn flour and one containing the quinoa flakes (both seasoned). Coat the pork in the flour first and then in the egg. Lastly, coat in the quinoa flakes, pressing them into the meat so they stick and coat evenly. Make sure the piece is fully coated in one mixture before moving on to the next. Dust off any excess between coatings.

3. CHAR THE CORN Place a pan over a high heat with a drizzle of oil. When hot, fry the corn for 3-4 minutes until charred, shifting occasionally. Remove from the pan on completion and set aside for serving.

4. CRUMBED PORK Return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the pork for 2-3 minutes per side until golden and cooked through. Remove on completion and allow to drain on some paper towel. Cover to keep warm and set aside until serving.

5. LAST BUT NOT LEAST Place a clean pan over a medium heat. When hot, dry toast the tortillas in batches for 30-60 seconds per side until warmed through. Remove from the pan on completion. As you go, stack the heated ones on a plate under a dry dishcloth. This stops them getting cold or drying out. Thickly slice the pork.

6. CRISPY CRUMB IS OH-SO YUM! Lay the warm tortillas out flat and smear over some zesty sour cream. Pile on the shredded green leaves, charred corn, and pork slices. Scatter the salsa in the centre and drizzle over any remaining sour cream. Finish off with a squeeze of lime juice and the remaining coriander. Taco in, Chef!



Chef's Tip

Quinoa is a great high-protein, high-fiber alternative to other grains. It's also high in magnesium, which helps to produce oxygen-carrying red blood cells. It can be eaten warm or cool, as a side or a hearty addition to any meal.

Nutritional Information

Per 100g

Energy	637kJ
Energy	152Kcal
Protein	11.1g
Carbs	16g
of which sugars	1.7g
Fibre	1.8g
Fat	4.6g
of which saturated	1.7g
Sodium	93mg

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days