



UCCOOK

Spicy Pork Fajitas

with sour cream & avocado

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Suné van Zyl

Wine Pairing: Sophie Germanier Organic | Sophie Germanier Pinotage Organic

Nutritional Info

	Per 100g	Per Portion
Energy	515kJ	4280kJ
Energy	123kcal	1024kcal
Protein	6.1g	50.9g
Carbs	11g	95g
of which sugars	2.1g	17.7g
Fibre	3.2g	26.3g
Fat	6.2g	51.5g
of which saturated	1.7g	13.9g
Sodium	176.3mg	1465mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Pork Schnitzel (without crumb)
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i>
2	2	Spring Onions <i>rinse, trim & roughly slice</i>
45ml	60ml	Mexican Spice <i>(15ml [20ml] The Old Stone Mill Mexican Spice, 7,5ml [10ml] Smoked Paprika & 22,5ml [30ml] NOMU Cajun Rub)</i>
6	8	Wheat Flour Tortillas
90ml	125ml	Sour Cream
60g	80g	Green Leaves <i>rinse</i>
2	2	Avocados <i>cut in half & thinly slice 1½ [2]</i>
30g	40g	Sliced Pickled Jalapeños <i>drain</i>
60g	80g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. PEPPERS & PORK Place a pan over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel and cut into strips. When hot, fry the pork strips until browned, 20-30 seconds per side. Add the peppers, the spring onion, the Mexican spice (to taste), and seasoning. Fry until lightly charred, 3-4 minutes (shifting occasionally).

2. TOAST THE TORTILLA Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

3. MOUTHWATERING MEXICAN MEAL Smear the tortillas with the sour cream. Top with the green leaves, the pork strips & veg, the avo, the jalapeños, and the piquanté peppers. Close up and enjoy, Chef!