

QCOOK

Cheesy Pork Mince Fiesta

with a spicy tomato salsa & kidney beans

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	705kJ	4770kJ
Energy	169kcal	1141kcal
Protein	8.6g	58.3g
Carbs	13g	87g
of which sugars	2.1g	14g
Fibre	2.1g	14.1g
Fat	8.5g	57.1g
of which saturated	3.9g	26.1g
Sodium	237mg	1601mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6	8	Wheat Flour Tortillas
30ml	40ml	Lemon Juice
125ml	160ml	Low Fat Plain Yoghurt
30g	40ml	Dried Chilli Flakes
2	2	Tomatoes *rinse & roughly dice 1½ [2]*
180g	240g	Grated Mozzarella & Cheddar Cheese
180g	240g	Red Kidney Beans *drain & rinse*
150ml	200ml	Tomato Passata
30ml	40ml	NOMU Spanish Rub
150g	200g	Corn
3	4	Spring Onions *rinse & roughly slice*
450g	600g	Pork Mince

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey

1. MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Add ¾ of the spring onion, ¾ of the corn, and fry until lightly golden, 5-6 minutes (shifting occasionally). Add the NOMU rub and fry until fragrant, 1-2 minutes. Mix in the tomato passata, the kidney beans, 150ml [200ml] of water, and simmer until reduced and saucy, 6-8 minutes. Add a sweetener (to taste) and season. Sprinkle the cheese on top and let it melt for 2-3 minutes. Remove from the heat.

2. SOME PREP In a bowl, combine the tomatoes, the remaining onion, the remaining corn, the chilli flakes (to taste), a drizzle of olive oil, and season. In a small bowl, combine the yoghurt and the lemon juice (to taste).

3. TOAST 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 and heat up in the microwave, 30-60 seconds.

4. IT'S THAT TIME Plate up the loaded mince, side with the toasted tortillas, sprinkle over the spicy tomato salsa, and dollop over the lemony yoghurt. Dig in, Chef!

Chef's Tip Drain and rinse tinned beans, lentils and chickpeas to reduce added sodium.