Spicy minced pork and rhubarb taco (website)

OVERVIEW ...





CALORIES:

31.6% Carbs

25.8% Protein

42.6% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:

WHEAT, CASHEWS, MUSTARD

MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS; PEANUTS; CELERY; SESAME

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
123351 La Boulangerie Fully Baked Mini Soft White Tacos.. - 123351 TACO	30g	2.07 x Each	*N/A*
70891 British Red Tractor British 20% Fat Pork Mince.. PORK	120g		*unchanged*
86972 Pan Asia Sweet Chilli Dipping Sauce 1L.. - 86972 SWEET CHILLI SAUCE	30g	Each	*unchanged*
450694 Carrots.. CARROTS	40g		*unchanged*
10439 Fresh Garlic.. - 10439 GARLIC FRESH DIRECT	5g	0.06 x Each	*unchanged*
114212 Chillies Red.. CHILLIES RED FRESH DIRECT	5g	Each	*unchanged*
1622 Whole Cashew Nut Kernels.. - 1622 CASHEW NUT	20g	0.02 x Each	*unchanged*

136665 Princes Rhubarb Solid Pack.. TINNED RHUBARB		50g		*N/A*
105597 Micro Coriander BB.. MICRO CORIANDER BB		1g		*N/A*
10473 Spring Onions Bunch.. SPRING ONIONS BUNCH FRESH DIRECT		5g	Each	*unchanged*
10146 Sysco Classic Pickled Red Cabbage.. PICKLED RED CABBAGE		10g	Each	*N/A*
151388 Fresh Kitchen Pickled Sweet & Sour Red Onion.. PICKLED SWEET & SOUR RED ONION		5g		*unchanged*
113885 Herb Bunched Coriander.. - 113885 HERB BUNCHED CORIANDER FRESH DIRECT		5g	0.05 x Each	*N/A*

PRODUCTS / PACK SIZES ...

1 Serving

326g / 498kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost the tacos
Dice the carrot
Slice the chilli and garlic
Chop the cashews
Chop coriander
Slice spring onions

Method:

1. Add a little oil to a pan and on a high heat fry the garlic, carrot and chilli.
2. Now add the pork mince, cook down until its caramelised.
3. Stir in the sweet chilli sauce, cashew nuts and coriander.
4. Over a medium heat warm the rhubarb - you may wish to add sugar if its too tart.
5. Chargrill the tacos and place into a suitable stand - add the rhubarb and top with a good spoonful of the pork mixture.
6. In a bowl mix together the pickled cabbage, sweet & sour onions and spring onion.
7. Spoon this on top of the tacos, finish with the micro coriander - serve!

NB. Feel free to use fresh rhubarb when this is in season to create your own compote.