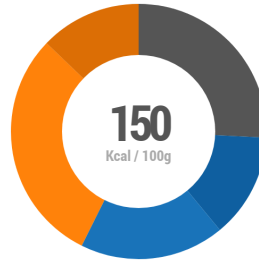


Spicy minced pork and rhubarb taco (website)

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.. - BRAKES

123351 TACO

BRAKES 30g

2.07 x Each

N/A

70891 British Red Tractor British 20% Fat Pork Mince..

PORK

BRAKES 120g

unchanged

86972 Pan Asia Sweet Chilli Dipping Sauce 1L.. - BRAKES

86972 SWEET CHILLI SAUCE

BRAKES 30g

Each

unchanged

450694 Carrots..

CARROTS

BRAKES 40g

unchanged

10439 Fresh Garlic.. - BRAKES

10439 GARLIC FRESH DIRECT

BRAKES 5g

0.06 x Each

unchanged

114212 Chillies Red..

CHILLIES RED FRESH DIRECT

BRAKES 5g

Each

unchanged

1622 Brakes Whole Cashew Nut Kernels.. - BRAKES

1622 CASHEW NUT

BRAKES 20g

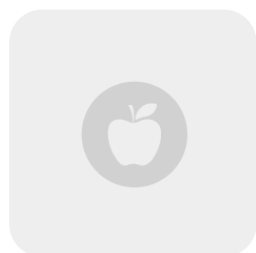
0.02 x Each

unchanged

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

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