



Hello
FRESH

FEB
2017

Ground Pork Carnitas Tacos

with Pico de Gallo, Avocado and Baby Gems

Pork carnitas is a traditional Mexican dish of slow-cooked pork shoulder. It's then shredded and pan-fried to give it a crispy texture. We've created a kid-friendly cheat version using ground pork. The secret is cooking the meat until it's very brown!

 Prep
30 min

 level 1



Ground Pork



Mexican Seasoning



Onion



Tomato Paste



Garlic



Flour Tortillas



Mozzarella



Avocado



Tomato



Lime



Cilantro



Baby Gem Lettuce

Ingredients

| | | |
|-------------------------|----|----------------|
| Ground Pork | | 2 pkg (680 g) |
| Mexican Seasoning | | 1 pkg (3 tbsp) |
| Onion, chopped | | 1 pkg (113 g) |
| Tomato Paste | | 3 pkg (3 tbsp) |
| Garlic | | 2 pkg (20 g) |
| Flour Tortillas, 6-inch | 1) | 10 |
| Mozzarella, shredded | 2) | 2 pkg (113 g) |
| Avocado | | 1 |
| Tomato | | 1 |
| Lime | | 1 |
| Cilantro | | 1 pkg (14 g) |
| Baby Gem Lettuce | | 1 |
| Sugar* | | 1 tsp |
| Olive or Canola Oil* | | |

4 People

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

Tools

Zester, Large Pan, Measuring Cups, Measuring Spoons, Small Bowl

Nutrition per person Calories: 919 cal | Fat: 53 g | Protein: 45 g | Carbs: 65 g | Fibre: 6 g | Sodium: 575 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

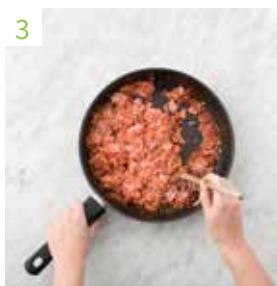


1 Prep: Wash and dry all produce. Cut the **tomato** into ½-inch cubes. Zest, then cut the **lime** into wedges. Mince or grate the **garlic**. Finely chop the **cilantro**. Peel and cut the **avocado** into ½-inch cubes. Slice the **baby gem lettuce** into thin strips.



2 Cook the filling: Heat a large pan over medium heat. Add a drizzle of **oil**, then the **onion**. Cook until the onion softens, 3-4 min.

3 Crumble in the **pork** and **garlic**. Cook, using a spoon to break up the pork into smaller pieces, until meat is very brown, 6-8 min. Add **½ cup water**, **tomato paste**, **Mexican seasoning**, **lime zest** and **sugar**. Cook until warmed through, 1-2 min.



4 Make the pico de gallo: Meanwhile, in a small bowl, mix the **tomatoes** with the **cilantro** and a the juice of **2 lime wedges**.

5 Finish and serve: Divide the **pork** between the **tortillas**. Top with **pico de gallo**, **avocado**, **lettuce** and **mozzarella**. Squeeze some **lime juice** over, if desired. Enjoy!

DID YOU KNOW? Pico de gallo is also called *salsa fresca* (or fresh salsa.) Traditionally, it's made with tomatoes, onion, cilantro, chili and lime juice. We've omitted the onion and chili from this version so it's easy on little tummies!

Share your masterpiece! Tag your photos with #HelloFreshLife and share on [f](#) [t](#) [@](#)

HelloFresh.ca | hello@hellofresh.ca

Ruler

0 in ¼ in ½ in ¾ in 1 in