



# Pork and Sweetcorn Tacos

with charred veg and zesty creme fraiche

20 – 25 mins

18



Irish Pork Mince



Tortilla



Sweetcorn



Bell Pepper



Chilli



Onion



Central American  
Style Spice Mix



Garlic



Coriander



Lime



Creme Fraiche



Tomato Paste

Pantry Items: Sugar, Oil, Salt, Pepper, Water



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2025-W02



## Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Cooking tools you will need

Grater, sieve, zester

## Ingredients

	2P	4P
Irish Pork Mince	240 g	480 g
Tortilla	8 units	16 units
Sweetcorn	1 pack	2 packs
Bell Pepper	1 unit	2 units
Chilli	½ unit	1 unit
Onion	1 unit	2 units
Central American Style Spice Mix	2 sachets	4 sachets
Garlic	1 unit	2 units
Coriander	5 g	10 g
Lime	1 unit	2 units
Crema Fraiche	110 g	220 g
Tomato Paste	1 tin	2 tins

## Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	614 kJ/ 146.7 kcal
Fat (g)	6.8 g
Sat. Fat (g)	3.4 g
Carbohydrate (g)	15 g
Sugars (g)	3.7 g
Protein (g)	6.9 g
Salt (g)	0.6 g

See site or app for detailed nutritional info.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

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## Get Prepped

- Preheat your oven (for the **tortillas**) to 220°C/200°C fan/gas mark 7.
- Halve and deseed the **bell pepper**. Chop into 1cm chunks.
- Drain and rinse the **corn** in a sieve. Peel and grate the **garlic** (or use a garlic press).
- Halve, peel and thinly slice the **onion**.
- Halve the **chilli** and discard the core and seeds. Finely chop **one-half** of the **chilli** (per 2P).

**TIP:** If you want to avoid turning on your oven you can dry-fry the tortillas in a pan instead.



## Warm the Tortillas

- Meanwhile, pop the **tortillas** in the oven to warm, 1-2 mins.
- Roughly chop the **coriander** (stalks and all).



## Char the Veg

- Place a large pan over medium-high heat (without oil).
- When the pan is hot, add the **onion, bell pepper, corn** and chopped **chilli** (use less if you don't like spice).
- Cook, stirring occasionally, until the veg is dark golden brown, 4-5 mins.

**TIP:** Char in batches if necessary to avoid overcrowding the pan.



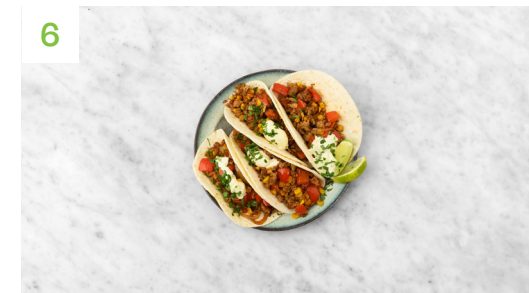
## Mix the Crema Fraiche

- Zest and quarter the **lime**.
- In a small bowl, stir together **crema fraiche** and **lime** zest.
- Season to taste with **salt, pepper** and **lime** juice.



## Cook the Pork

- Add the **mince, garlic** and **Central American spice** with a drizzle of **oil** if necessary.
- Fry until cooked through, breaking it up as it cooks, 3-4 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Add the **tomato paste**, ½ tsp **sugar** (per 2P) and 25ml of **water** (per 2P). Simmer for 2-3 mins.
- Season to taste with **salt** and **pepper**. Add a splash more **water** to loosen if required.



## Assemble and Serve

- Divide the **tortillas** between plates, then top with taco filling.
- Dollop with zesty **crema fraiche**.
- Sprinkle with **coriander** and serve remaining **lime** wedges alongside.

Enjoy!