

GRAB and GO

Iron and Mighty Pork Taco

Go Mexican with thin strips of pork served in a taco shell with mixed beans, cucumber and guacamole.

Makes 10 portions (142g/portion)

Ingredients

500g		10 Green Gourmet Great British Pork Steaks (GG Code - 7933)
130g		10 taco shells
11g	(1 tbsp)	oil
410g		mixed beans in a mild chilli sauce, warmed
300g	(1 medium)	cucumber, diced
125ml		guacamole

Method

1. Cut the Green Gourmet Great British Pork Steaks into strips and stir fry in a little oil.
2. Add the baked beans and chilli sauce, and simmer the pork to core temperature.
3. Warm the taco shells so that they are easy to open.
4. When required place a spoonful of the warm beans in the bottom, add some cucumber and strips of pork.
5. Finally, add a spoonful of guacamole for an authentic Mexican flavour

Serving Suggestions

Guacamole is made from avocados which are a good source of monounsaturated fats and vitamin E. Beans and pulses are all good sources of iron.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
134.9	6.6	1.6	9.5	0.5	2.0
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
9.3	1.1	1.4	40.8	12.5	2.8
Folate (µg)	Sodium (mg)				
9.6	289.4				

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