



**FEED YOUR
FAMILY
FOR £5**

SMOKED PORK AND BEAN TACOS



INGREDIENTS

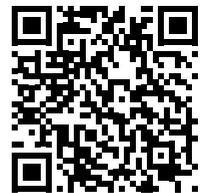
Main Ingredients	Cost £	Veggie Switch	Cost £
250g Pork Belly Slices	£1.80	200g x Feta Cheese	£1.69
10g Smoked Paprika	£0.21		
200g Black Beans	£0.25		
1g Dried Coriander Leaf	£0.08		
100g Carrots	£0.07		
1 x Red Onion	£0.20		
8 x Mini Tortilla Wraps	£0.90		
50ml White Wine Vinegar	£0.27		
Total	£3.78		£3.67

Prices correct at time of printing and may vary. All items available from leading supermarkets.

Please observe the allergen information on the product packaging.

Based on a family of four.

View our
video online



The smoked element of this dish is from the Paprika.

THE SALAD

1. Peel and grate the carrot. Peel and slice the red onion. Place in a bowl and add the dried coriander and white wine vinegar. Mix well and let it marinate for as long as possible to enhance the flavour.

THE TACOS

2. Preheat your oven to 180°C.
3. Place the wraps on the oven racks, threading them between the bars. Bake for 5 minutes until they are crisp.

The oven will be hot so ask an adult to help you with this part.

THE PORK

4. Slice the pork belly into small pieces. Marinate the pork slices with smoked paprika.
5. Drain and rinse the beans.



6. In a cold pan, add the marinated pork belly slices to release the fat. Fry the pork, moving it around the pan until it becomes crispy.

7. Add the drained beans and cook for an additional 5 minutes, stirring occasionally.

ASSEMBLE

8. Place the cooked pork and beans into the baked wraps. Top with the prepared pickled salad.

SERVE

Serve 2 tacos per portion. Enjoy!

