

Pork Tortillas

Pork is a rich source of Niacin

Serves: Makes 10 Tortillas

Cooking time: 20 minutes

Preparation time: 20 minutes

Ingredients:

1kg (2.2lb) lean minced pork
50ml (4tbsp) oil
2 onions, quartered and sliced
50g packet Burrito seasoning
Water
10 floured tortillas
113g (4oz) shredded iceberg lettuce
5 tomatoes, sliced
113g (4oz) grated low fat cheese
250g (8oz) cooked coriander and lime rice

Preparation:

1. Heat the oil in a large frying pan over medium heat and cook the onion for 2-3 minutes.
2. Increase heat to high and add the pork mince and cook for approx 5 minutes until lightly golden. Stir constantly.
3. Add the Burrito seasoning and water (as per pack directions. Note: this seasoning is generally 'medium' spicy) and stir well to combine.
4. Reduce heat to low and cook for 8 minutes, stirring occasionally.
5. Spoon cooked pork onto one edge of tortilla; add lettuce, tomato, cooked rice and cheese.

Coriander and Lime Rice

225g (8oz) Basmati (or long grain rice)
2 small limes
56g (2oz) fresh coriander leaves - chopped

1. Squeeze the juice from the limes and keep the skins to one side
2. Add the lime juice to water and bring to the boil. Add the rice and the lime skins and cook.
3. Once cooked remove the lime skins and discard. Taste the rice. If you feel that it is too sharp add a small amount of sugar to balance the taste.
4. Stir in the chopped coriander leaves and use as the recipe directs.
5. Roll and secure as a wrap.

Nutritional information:

Typical values per portion

1502 kJ/357kcal

31g protein

28g carbohydrate

Of which sugars 5g

13g fat

of which saturates 3.8g

2g fibre

1.16mg thiamin

1.2mg vitamin B12

1.97mg iron

2.92mg zinc

0.4g sodium (1g salt equivalent)

1 portion of fruit and vegetables per serving

GDA percentage per serving

Energy 18%

Fat 18%

Saturated fat 19%

Carbohydrate 12%

Total sugars 5%

Protein 69%

Fibre (NSP) 12%

Salt 15%