

MEXICAN PORK CARNITA TACOS

LATIN AMERICA
/ MEXICO

ORIGINS

The origins of the Burrito date back to the early 1900s where, during the Mexican Revolution, a vendor named Juan Mendez traded on the streets of Ciudad Juarez. To keep his produce warm whilst transporting it on his donkey-drawn cart, he wrapped it in a tortilla and the burrito, or 'little donkey', was born. A burrito, was said to have consisted of a rolled tortilla filled with meat and other ingredients. However, in other areas of Mexico, similar dishes were known as a cocito and taco, respectively.



4



10 min



90 min



WHAT YOU NEED

- 1/2 pkt (15 g) Mexican spice
- 500g pork shoulder without rind *
- 1 onion, chopped
- 1/2 cup orange juice
- 1 avocado, sliced
- 1 lime, quartered
- 6-8 tortillas

HOW TO MAKE

①

Sauté onion, 5 min. Add spice, sauté 1 min.

②

Add pork, and orange juice, simmer 90 min until pork falls off the bone.

③

Remove the pork, shred and sauté on high for 2 min each side to give a crispy finish.

④

Warm tortillas in microwave and load with avocado, and pork.

HOW TO SERVE

Serve with tomato salsa, a squeeze of lime or a sprinkle of cheese.

HINTS & TIPS

SIDES & CONDIMENTS

Left over pork is great to use for fried rice, or served with a sweet potato mash and steamed greens.

SWAPS & ALTERNATIVES

veggie combos: replace avocado with a sweet potato mash.

reduce meat: 250 g pork chops + 200 g black beans.

alternative: replace pork shoulder with pork chops, lamb shanks or chicken drumsticks.

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