

# TACOS WITH PORK, GREEN- AND CHILI BEANS AND WHITE CHEESE

---

2 persons / 523 kcal per person

## Ingredients:

- 1 pork cutlet
- 200 grams of broken green beans
- 6 taco shells
- 1 tablespoon of oil
- ½ onion
- ½ red bell pepper
- 200 grams of chili beans
- 100 grams of white cheese
- pepper and salt



## Preparation:

Preheat the oven to 125 °C. Pat the meat dry with kitchen paper and sprinkle with salt and pepper. Cut the meat into cubes. Boil the green beans in boiling water for 8 minutes and drain. Heat the tacos in the oven for 15 minutes. Cut the onion into wedges and the bell pepper into pieces. Heat the oil in a wok and stir-fry the meat over high heat until golden brown. Add the onion and bell pepper and stir fry 5 minutes. Add the green beans and chili beans with liquid and bring to the boil while stirring. Cut the white cheese slice into cubes and add it to the mixture at the end. Season spicy with pepper. Fill the tacos at the table.

## Nutritional value per person:

Energy:	523 kcal
Protein:	32.3 grams
Carbohydrates:	41.8 grams
- including sugars:	6.3 grams
Fat:	24.2 grams
Fiber:	11.5 grams
Salt:	2.2 grams