

FRESH MEXICAN CHORIZO

Time: 10 minutes

Serves: 4

Ingredients:

8g salt
4g Mexican chili powder
2g garlic powder
2g smoked paprika
1g cayenne pepper
1g fresh ground black pepper
0.5g dried oregano
0.5g ground cumin
450g lean ground pork
12g tequila
12g red wine vinegar

Preparation:

Combine the salt and spices in a small bowl.

Place the pork in a suitable bowl, and sprinkle with the spice mixture.

Pour in the tequila and vinegar.

Knead until well combined.

Nutritional Information Per Serving:

Calories: 244	Hand-Size Portion Guide
Fat: 18g	Palms of Protein: 1
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 20g	Thumbs of fat: 0