

DINNER

Tacos al Pastor

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
530 min	30 min	10 min	8	\$1.57	321 kcal

The recipe Tacos al Pastor could satisfy your Mexican craving in about 8 hours and 50 minutes. This gluten free and dairy free recipe serves 8 and costs \$1.57 per serving. One portion of this dish contains about 32g of protein, 8g of fat, and a total of 465 calories.

Ingredients

- ☐ 1 teaspoon achiote powder
- ☐ ½ cup chopped fresh cilantro
- ☐ ½ teaspoon ground cumin
- ☐ 4 limes, cut in wedges
- ☐ ½ cup chopped pineapple
- ☐ 8 servings salt to taste
- ☐ 32 5-inch (5 inch) corn tortillas
- ☐ 8 cloves garlic, chopped
- ☐ 8 dried guajillo chiles, seeded and torn to pieces
- ☐ 1 small onion, chopped
- ☐ 2 pounds pork tenderloin, thinly sliced
- ☐ 1 cup white vinegar

EQUIPMENT Bowl, Frying pan, Sauce pan

Method

- 1

Soak pasilla chiles and guajillo chiles in a bowl with hot water until chiles are softened, about 10 minutes; drain. Mash chiles, garlic, achiote powder, cumin, and cloves in a saucepan with a fork.
- 2

Pour vinegar into sauce pan and bring to a boil; cook and stir until mixture becomes a thick paste. Season with salt. Rub chile paste over sliced pork, stacking meat on a plate. Cover and marinate in the refrigerator for 8 hours to overnight.

- 3 Heat a large skillet over medium-high heat; cook and stir marinated pork and pineapple until pork is browned, 7 to 10 minutes. Divide pork over stacks of two corn tortillas and serve with onion, cilantro, and lime wedges.

Nutrition per serving

321	28 g	6 g	39 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.7 g · 11% of daily needs
Fibre			6.5 g · 26% of daily needs
Sugar			4 g · 4% of daily needs
Sodium			289 mg · 13% of daily needs
Cholesterol			73.7 mg · 25% of daily needs
Vitamin C			17.6 mg · 21% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/tacos-al-pastor-148289