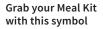
Sichuan-Glazed Pork Tacos

with Crunchy Pear Salad & Crushed Peanuts

KID FRIENDLY

BEST SELLER













Cos Lettuce



Carrot





Mayonnaise





Mini Flour Tortillas



Crushed Peanuts



Pantry items Olive Oil, Soy Sauce

Prep in: 10-15 mins Ready in: 15-25 mins



If you like bold flavours and Asian cuisines, you'll love food inspired by the Sichuan province in China! We've dialled down the chilli but kept the tasty garlic and umami flavours for an easy-to-eat taco that will appeal to everyone.

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pear	1	2
cos lettuce	½ head	1 head
carrot	1	2
pork loin steaks	1 packet	1 packet
mayonnaise	1 medium packet	1 large packet
Sichuan garlic paste	1 packet	2 packets
soy sauce*	1½ tbs	3 tbs
mini flour tortillas	6	12
crushed peanuts	1 packet	2 packets
chicken breast**	1 packet	1 packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3451kJ (825Cal)	691kJ (165Cal)
Protein (g)	49.9g	10g
Fat, total (g)	37.2g	7.4g
- saturated (g)	8.8g	1.8g
Carbohydrate (g)	68.4g	13.7g
- sugars (g)	25.1g	5g
Sodium (mg)	1880mg	376mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3513kJ (840Cal)	689kJ (165Cal)
Protein (g)	46.9g	9.2g
Fat, total (g)	40.4g	7.9g
- saturated (g)	9.6g	1.9g
Carbohydrate (g)	68.4g	13.4g
- sugars (g)	25.1g	4.9g
Sodium (mg)	1905mg	374mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Thinly slice pear. Shred cos lettuce (see ingredients). Grate the carrot.
- · Cut pork loin steaks into 1cm strips.

Little cooks: Help wash and tear the cos lettuce!

Custom Recipe: If you've swapped from pork loin steaks to chicken breast, cut chicken into 2cm chunks.



Cook the pork

- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook pork strips, tossing, until browned, 1-2 minutes.
- Remove pan from heat, then add the soy sauce, remaining Sichuan garlic paste and a splash of water. Turn pork to coat. Set aside.
- Meanwhile, microwave mini flour tortillas on a plate in 10 second bursts, until warmed through.

Little cooks: Help warm the tortillas with oven gloves and under adult supervision. Be careful, the plate can get hot!

Custom Recipe: Heat the pan as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue with step.



Make the Sichuan mayo

In a small bowl, combine mayonnaise and half the Sichuan garlic paste.
Set aside.



Serve up

- Spread each tortilla with some Sichuan garlic mayo, then top with some cos lettuce, carrot, pear and glazed pork strips.
- Sprinkle with crushed peanuts to serve. Enjoy!

Little cooks: Take the lead and help build the tacos!