



# Sichuan-Glazed Pork Tacos

with Crunchy Pear Salad & Crushed Peanuts

KID FRIENDLY

BEST SELLER

Grab your Meal Kit with this symbol



Pear



Cos Lettuce



Carrot



Pork Loin Steaks



Mayonnaise



Sichuan Garlic Paste



Mini Flour Tortillas



Crushed Peanuts



Chicken Breast

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

Eat Me Early\*  
*\*Custom Recipe only*

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Soy Sauce

## 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
<b>olive oil*</b>	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
<b>soy sauce*</b>	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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

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## 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.

3



## 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.

2



## Make the Sichuan mayo

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

4



## 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!

## Rate your recipe

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