



Teriyaki Pork & Slaw Tacos

with Crispy Shallots & Garlic Aioli

KID FRIENDLY

BEST SELLER



Grab your Meal Kit with this symbol



Carrot



Pear



Pork Mince



Garlic Paste



Teriyaki Sauce



Shredded Cabbage Mix



Mini Flour Tortillas



Garlic Aioli



Crispy Shallots



Beef Mince

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

Sweet and savoury pork is the star of this crowd-pleasing meal. Easy and satisfying, the tacos come together in a snap, with lots of veggies for everyone to build their own and join in the fun!

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Brown Sugar

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
carrot	1	2
pear	1	2
pork mince	1 packet	1 packet
garlic paste	1 medium packet	1 large packet
teriyaki sauce	1 packet (65g)	1 packet (130g)
vinegar* (white wine or rice wine)	½ tbs	1 tbs
brown sugar*	1 tbs	2 tbs
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3347kJ (800Cal)	687kJ (164Cal)
Protein (g)	34.6g	7.1g
Fat, total (g)	38.9g	8g
- saturated (g)	12g	2.5g
Carbohydrate (g)	74.2g	15.2g
- sugars (g)	27.7g	5.7g
Sodium (mg)	1366mg	280mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3638kJ (870Cal)	747kJ (179Cal)
Protein (g)	38.8g	8g
Fat, total (g)	43.4g	8.9g
- saturated (g)	14.8g	3g
Carbohydrate (g)	74.2g	15.2g
- sugars (g)	27.7g	5.7g
Sodium (mg)	1331mg	273mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW30



1



Get prepped

- Grate the **carrot**. Thinly slice **pear** into sticks.

3



Make the slaw

- Meanwhile, combine **shredded cabbage mix**, **carrot**, **pear** and a drizzle of **vinegar** and **olive oil** in a large bowl.
- Heat **mini flour tortillas** on a plate in the microwave in **10 second** bursts, until warmed through.

Little cooks: Take the lead by combining the slaw!

2



Cook the pork

- Heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until browned, **4-5 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**.
- Add **teriyaki sauce**, the **vinegar** and **brown sugar** and cook, stirring, until the sauce is slightly reduced, **1 minute**. Remove from heat. Season with **pepper**.

Custom Recipe: If you've swapped from pork mince to beef mince, cook in the same way as the pork.

4



Serve up

- Top each tortilla with slaw and teriyaki pork.
- Drizzle with **garlic aioli** and sprinkle over **crispy shallots** to serve. Enjoy!

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

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