



Quick BBQ Pulled Pork & Slaw Tacos

with Cheddar Cheese & Mayonnaise

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Apple



Onion



Shredded Cabbage Mix



Garlic Paste



Pulled Pork



BBQ Sauce



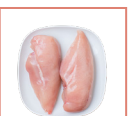
Mini Flour Tortillas



Mayonnaise



Shredded Cheddar Cheese



Chicken Breast

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

Eat Me Early*
**Custom Recipe only*

It's a good day when you're having tacos for dinner. Let's pack these tortillas with as much BBQ sauce and pulled pork as possible, tossed with a colourful slaw on top. Don't forget the Cheddar cheese!

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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
apple	1	2
onion	1 (medium)	1 (large)
shredded cabbage mix	1 bag (150g)	1 bag (300g)
vinegar* (white wine or balsamic)	drizzle	drizzle
garlic paste	1 medium packet	1 large packet
pulled pork	1 packet	1 packet
BBQ sauce	1 packet (40g)	1 packet (80g)
mini flour tortillas	6	12
mayonnaise	1 medium packet	1 large packet
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3090kJ (739Cal)	633kJ (151Cal)
Protein (g)	30.9g	6.3g
Fat, total (g)	39.9g	8.2g
- saturated (g)	16.9g	3.5g
Carbohydrate (g)	63.9g	13.1g
- sugars (g)	19.8g	4.1g
Sodium (mg)	1901mg	389mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3024kJ (723Cal)	552kJ (132Cal)
Protein (g)	48g	8.8g
Fat, total (g)	30.1g	5.5g
- saturated (g)	11.5g	2.1g
Carbohydrate (g)	62.7g	11.4g
- sugars (g)	19.8g	3.6g
Sodium (mg)	1250mg	228mg

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 | CW37



1



Get prepped

- Grate the **carrot**. Thinly slice **apple** into sticks. Thinly slice **onion**.

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

3



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **onion** until tender, **3-4 minutes**.
- Add **garlic paste** and **pulled pork** and cook, breaking up with a spoon, until browned, **2-3 minutes**.
- Add **BBQ sauce** and splash of **water** and simmer until slightly thickened, **1-2 minutes**.
- Meanwhile, microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken before carrot, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue as above.

2



Make the slaw

- In a medium bowl, combine **shredded cabbage mix**, **apple** and a drizzle of **vinegar** and **olive oil**. Season to taste.

Little cooks: Take the lead by combining the ingredients for the slaw!

4



Serve up

- Spread **mayonnaise** over each tortilla, then top with slaw and BBQ pulled pork.
- Sprinkle with **shredded Cheddar cheese** to serve. Enjoy!

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

Rate your recipe

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