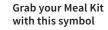


Tijuana-Style Pork Tenderloin & Feta Tacos with Slaw, Guacamole & Charred Pineapple

NEXT-LEVEL TACOS









Mexican Fiesta Spice Blend

Tenderised Pork



Avocado





Mild Chipotle

Sauce

Lemon

Spring Onion



Mayonnaise



Pineapple Slices



Shredded Cabbage



Mini Flour Tortillas



Cow's Milk



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 · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tenderised pork fillet	1 packet	2 packets
Mexican Fiesta spice blend 🥖	1 medium sachet	1 large sachet
avocado	1	2
lemon	1/2	1
spring onion	1 stem	2 stems
mild chipotle sauce	1 packet (20g)	1 packet (40g)
mayonnaise	1 medium packet	1 large packet
pineapple slices	1 tin	2 tins
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mini flour tortillas	6	12
cow's milk feta	½ packet (95g)	1 packet (190g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4421kJ (1057Cal)	628kJ (150Cal)
Protein (g)	52g	7.4g
Fat, total (g)	64.7g	9.2g
- saturated (g)	24.8g	3.5g
Carbohydrate (g)	58g	8.2g
- sugars (g)	21.5g	3.1g
Sodium (mg)	2890mg	411mg

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.



Sear the pork

- Preheat oven to 220°C/200°C fan-forced.
- SPICY! This spice blend is hot! Add less if you're sensitive to heat. In a medium bowl, combine tenderised pork fillet, Mexican Fiesta spice blend and a drizzle of olive oil. Season.
- In a large frying pan, heat a drizzle of olive oil over high heat. Cook pork, turning, until browned all over, 4 minutes.



Roast the pork

- Transfer pork to a lined oven tray. Roast pork for 15-16 minutes for medium, or until cooked to your liking.
- Remove from oven and cover with foil. Set aside to rest for 10 minutes.



Get prepped

- Slice avocado in half, scoop out flesh. Slice lemon into wedges. Thinly slice spring onion.
- In a second medium bowl, mash avocado with a squeeze of lemon juice and a drizzle of olive oil until smooth. Season to taste.
- In a small bowl, combine **mild chipotle sauce** and **mayonnaise**.



Char the pineapple

- Drain pineapple slices and reserve the liquid.
- Wipe out the frying pan and return to high heat.
 Cook pineapple slices until lightly charred,
 2-3 minutes each side.
- Transfer to the chopping board, then roughly chop.



Bring it all together

- In a large bowl, combine shredded cabbage mix, some reserved pineapple liquid (1 tbs for 2 people / 2 tbs for 4 people), a squeeze of lemon juice and a drizzle of olive oil. Season to taste.
- Microwave mini flour tortillas on a plate in 10 second bursts until warmed through.



Serve up

- Thinly slice pork and bring everything to the table to serve.
- Spread each tortilla with some guacamole.
- Build each taco with some slaw, Tijuanastyle pork, charred pineapple and chipotle mayonnaise.
- Crumble over feta (see ingredients) and garnish with spring onion to serve. Enjoy!

