



Tijuana-Style Pork Tenderloin & Feta Tacos

with Slaw, Guacamole & Charred Pineapple

NEXT-LEVEL TACOS

Grab your Meal Kit with this symbol



Tenderised Pork Fillet



Mexican Fiesta Spice Blend



Avocado



Lemon



Spring Onion



Mild Chipotle Sauce



Mayonnaise



Pineapple Slices



Shredded Cabbage Mix



Mini Flour Tortillas



Cow's Milk Feta

Prep in: 25-35 mins
Ready in: 35-45 mins

Spiced is nice and fresh is best, that's our motto for making up these Mexican-style tacos. Spiced pork does the trick to make your mouth water and the classic addition of guacamole is a must. Bring in the fresh taste of summer with charred pineapple and you're good to go!

Pantry items

Olive Oil

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	½	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.



1 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**.



2 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**.



3 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**.



4 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.



5 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.



6 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, Tijuana-style pork, charred pineapple and chipotle mayonnaise.
- Crumble over **feta** (see ingredients) and garnish with spring onion to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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