



# BBQ Pulled Pork & Slaw Tacos

with Cheddar Cheese, Avocado & Plant-Based Mayo

KID FRIENDLY

Grab your Meal Kit with this symbol



Capsicum



Garlic



Avocado



Shredded Cabbage Mix



Baby Spinach Leaves



All-American Spice Blend



Pulled Pork



BBQ Sauce



Mini Flour Tortillas



Plant-Based Mayo



Shredded Cheddar Cheese



Peeled Prawns

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

It's a good day when you're having tacos for dinner. Let's pack these tortillas with as much All-American spiced pulled pork as possible, tossed with baby spinach and 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
<b>olive oil*</b>	refer to method	refer to method
capsicum	1	2
garlic	2 cloves	4 cloves
avocado	1	1
shredded cabbage mix	1 bag (150g)	1 bag (300g)
baby spinach leaves	1 small bag	1 medium bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
All-American spice blend	1 medium sachet	1 large sachet
pulled pork	1 packet	1 packet
BBQ sauce	1 medium packet	1 large packet
mini flour tortillas	6	12
plant-based mayo	1 medium packet	2 medium packets
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
peeled prawns**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3688kJ (881Cal)	722kJ (173Cal)
Protein (g)	33.4g	6.5g
Fat, total (g)	57.3g	11.2g
- saturated (g)	20.4g	4g
Carbohydrate (g)	55.1g	10.8g
- sugars (g)	17.4g	3.4g
Sodium (mg)	2339mg	458mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3227kJ (771Cal)	632kJ (151Cal)
Protein (g)	31.1g	6.1g
Fat, total (g)	42.8g	8.4g
- saturated (g)	13.6g	2.7g
Carbohydrate (g)	53.1g	10.4g
- sugars (g)	17.4g	3.4g
Sodium (mg)	2241mg	439mg

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 **capsicum**. Finely chop **garlic**. Slice **avocado** in half, scoop out flesh and thinly slice.



## Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **All-American spice blend** and **garlic** until fragrant, **1 minute**.
- Add **capsicum** 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**.
- Microwave **mini flour tortillas** on a plate in **10 second bursts**, until warmed through.

**Custom Recipe:** If you've swapped pulled pork for peeled prawns, cook prawns with capsicum, tossing, until pink and starting to curl up, 3-4 minutes. Continue as above.



## Make the slaw

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

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



## Serve up

- Spread **plant-based mayo** over each tortilla, then top with slaw, avocado 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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