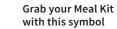
BBQ Pulled Pork & Slaw Tacos with Cheddar Cheese, Avocado & Plant-Based Mayo

KID FRIENDLY



















Leaves



Pulled Pork



All-American Spice

Blend



Mini Flour Tortillas



Plant-Based Mayo



Shredded Cheddar Cheese





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!

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

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	2 People	4 People	
olive oil*	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	
vinegar*			
(white wine or	drizzle	drizzle	
balsamic)			
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	
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^{*}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 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!

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