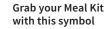


BBQ Pulled Pork & Slaw Tacos with Cheddar Cheese & Garlic Aioli

KID FRIENDLY

CLIMATE SUPERSTAR













Shredded Cabbage



Onion





Pulled Pork

Garlic Paste





BBQ Sauce



Garlic Aioli



Mini Flour Tortillas

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 BBQ sauce and pulled pork as possible, tossed with a colourful apple 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	1/2	1
shredded cabbage mix	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
garlic paste	1 medium packet	1 large packet
pulled pork	1 medium packet	2 medium packets OR 1 large packet
BBQ sauce	1 medium packet	1 large packet
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
pulled pork**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2817kJ (673Cal)	543kJ (130Cal)
Protein (g)	26.6g	5.1g
Fat, total (g)	32.6g	6.3g
- saturated (g)	11.8g	2.3g
Carbohydrate (g)	68.7g	13.2g
- sugars (g)	18.8g	3.6g
Sodium (mg)	1787mg	344mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3628kJ (867Cal)	586kJ (140Cal)
Protein (g)	42.6g	6.9g
Fat, total (g)	47.6g	7.7g
- saturated (g)	18.8g	3g
Carbohydrate (g)	70.7g	11.4g
- sugars (g)	18.8g	3g
Sodium (mg)	2537mg	410mg

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





Get prepped

 Grate carrot. Thinly slice apple into sticks. Thinly slice onion (see ingredients).



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 a 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: If you've doubled your pulled pork, cook in batches for best results.



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!



Serve up

- Spread garlic aioli 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!



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