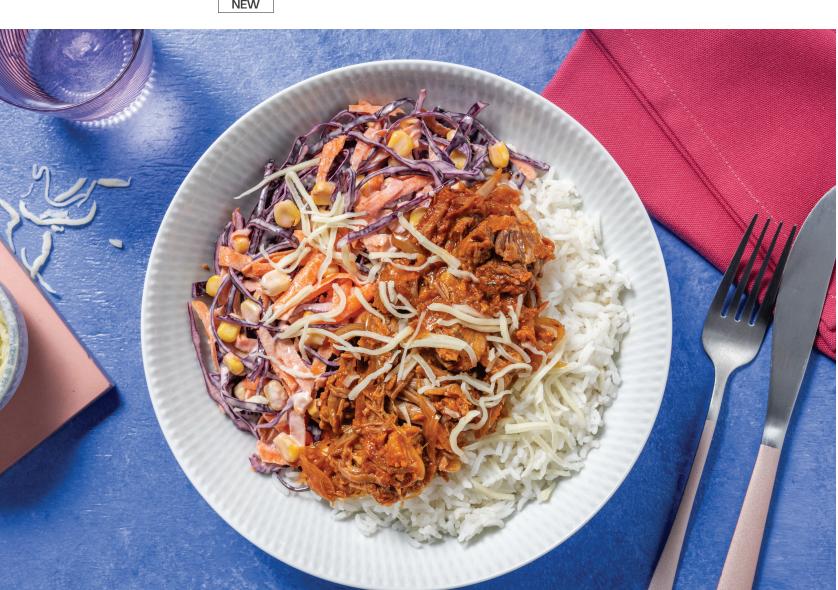


Saucy Pulled Pork Rice Bowl with Creamy Corn Slaw & Cheddar

NEW



Grab your Meal Kit with this symbol











Tomato Paste







Carrot

Pulled Pork





Sweetcorn



Mayonnaise



Shredded Red

Cabbage

Cheese



Pantry items

Olive Oil, Butter, Brown Sugar, White Wine Vinegar

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

Medium saucepan · Large frying pan

Ingredients

2 People	4 People		
refer to method	refer to method		
1 medium packet	1 large packet		
40g	80g		
1/2	1		
1 packet	2 packets		
1 medium sachet	1 large sachet		
1 packet	1 packet		
1 tsp	2 tsp		
1/2	1		
½ large tin	1 large tin		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
drizzle	drizzle		
1 medium packet	1 large packet		
	1 large packet		
	refer to method 1 medium packet 40g ½ 1 packet 1 medium sachet 1 packet 1 tsp ½ ½ large tin 1 medium packet 1 medium packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3541kJ (846Cal)	715kJ (171Cal)
Protein (g)	26.4g	5.3g
Fat, total (g)	43.7g	8.8g
- saturated (g)	20.1g	4.1g
Carbohydrate (g)	86.3g	17.4g
- sugars (g)	10.6g	2.1g
Sodium (mg)	1851mg	374mg
Custom Recipe		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3984kJ (952Cal)	731kJ (175Cal)
Protein (g)	28.8g	5.3g
Fat, total (g)	52.7g	9.7g
- saturated (g)	26.9g	4.9g
Carbohydrate (g)	90.6g	16.6g
- sugars (g)	14.2g	2.6g
Sodium (mg)	1882mg	345mg

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.



Make the butter rice

- · Boil the kettle.
- Half-fill a medium saucepan with boiling water. Add basmati rice and a pinch of salt and cook, uncovered, over high heat until tender, 12 minutes.
- Drain, return to saucepan, then stir through half the **butter**. Set aside.



Make the slaw

- Meanwhile, grate carrot. Drain sweetcorn (see ingredients)..
- In a medium bowl, combine shredded red cabbage, carrot, corn, mayonnaise and a drizzle of white wine vinegar and olive oil. Season to taste.



Cook the pork

- Meanwhile, thinly slice onion (see ingredients). In a large frying pan heat a
 drizzle of olive oil over medium-high heat. Cook onion until softened,
 4-5 minutes.
- SPICY! This spice blend is hot! Add less if you're sensitive to heat.
 Add tomato paste and Mexican Fiesta spice blend, and cook until fragrant,
 1-2 minutes.
- Add pulled pork, the brown sugar, remaining butter and a splash of water.
 Cook, breaking up with a spoon, until heated through, 1-2 minutes. Season with pepper.



Serve up

- · Divide butter rice between bowls.
- Top with saucy pulled pork and creamy corn slaw.
- Sprinkle over **shredded Cheddar cheese**. Enjoy!

Custom Recipe: If you've added sour cream, dollop on top to serve.

