



# Saucy Pulled Pork Rice Bowl

with Creamy Corn Slaw & Cheddar

NEW



Grab your Meal Kit with this symbol



Basmati Rice



Onion



Tomato Paste



Mexican Fiesta Spice Blend



Pulled Pork



Carrot



Sweetcorn



Shredded Red Cabbage



Mayonnaise



Shredded Cheddar Cheese



Sour Cream

Prep in: 20-30 mins  
Ready in: 25-35 mins

Fireworks will fly tonight and light up your excitement for dinner time with a fiery and saucy pulled pork bowl. The slaw is bursting with colourful additions like corn and carrot, and the sharp Cheddar will ignite your tastebuds to give you a firework display of exciting flavour.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
<b>butter*</b>	40g	80g
onion	½	1
tomato paste	1 packet	2 packets
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
pulled pork	1 packet	1 packet
<b>brown sugar*</b>	1 tsp	2 tsp
carrot	½	1
sweetcorn	½ large tin	1 large tin
shredded red cabbage	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
shredded Cheddar cheese	1 medium packet	1 large packet
sour cream**	1 medium packet	1 large 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

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](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

2024 | CW10



1



## 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.

3



## 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.

2



## 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**.

4



## 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.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)