



# Jerk-Spiced Pork & Slaw Tacos

with Charred Corn & Mayonnaise

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweetcorn



Celery



Pork Loin Steaks



Mild Caribbean Jerk Seasoning



Shredded Cabbage Mix



Mayonnaise



Mini Flour Tortillas



Parsley



Pork Loin Steak

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



Calorie Smart\*

\*Custom Recipe is not Calorie Smart

Can't it be taco night every night? How can you improve on Caribbean-style honey-tossed pork loin, charred corn salsa and crunchy slaw wrapped up in a warm tortilla. We dare you to name a better meal!

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

### Pantry items

Olive Oil, White Wine Vinegar, Honey



## 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
sweetcorn	½ large tin	1 large tin
celery	1 stalk	2 stalks
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
<b>white wine vinegar*</b>	1 tsp	2 tsp
<b>honey**</b>	1 tsp	2 tsp
mini flour tortillas	6	12
parsley	1 packet	1 packet
pork loin steaks**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2349kJ (561Cal)	535kJ (128Cal)
Protein (g)	45.4g	10.3g
Fat, total (g)	20.1g	4.6g
- saturated (g)	5.7g	1.3g
Carbohydrate (g)	43.5g	9.9g
- sugars (g)	12.2g	2.8g
Sodium (mg)	1489mg	339mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3046kJ (728Cal)	517kJ (124Cal)
Protein (g)	80.8g	13.7g
Fat, total (g)	22.7g	3.9g
- saturated (g)	6.6g	1.1g
Carbohydrate (g)	43.5g	7.4g
- sugars (g)	12.2g	2.1g
Sodium (mg)	1563mg	265mg

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 | CW14



## Get prepped

- Drain **sweetcorn** (see ingredients). Thinly slice **celery**.
- Cut **pork loin steaks** into 1cm strips.
- In a medium bowl, combine **mild Caribbean jerk seasoning** and a drizzle of **olive oil**. Add **pork strips** and toss to coat.

**Little cooks:** Take charge by combining the ingredients!

**Custom Recipe:** If you've doubled your pork loin, flavour in a large bowl.



## Cook the pork

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **pork strips** in batches, tossing, until golden, **2-3 minutes**. Add the **honey** and toss to coat.
- Meanwhile, microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.

**TIP:** Cooking the meat in batches over a high heat helps it stay tender.

**Little cooks:** Help warm the tortillas with oven gloves and under adult supervision. Be careful, the plate can get hot!

**Custom Recipe:** Cook pork strips in batches for best results.



## Make the slaw

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a bowl.
- In a second medium bowl, combine **shredded cabbage mix**, **celery**, **mayonnaise** and a drizzle of **white wine vinegar**. Season to taste.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.



## Serve up

- Top tortillas with celery slaw, jerk-spiced pork strips and charred corn. Tear over **parsley**. Enjoy!

**Little cooks:** Take the lead and help build the tacos!

## Rate your recipe

Did we make your tastebuds happy?

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