

Easy Teriyaki Pork & Celery Slaw Tacos with Soy Mayo & Crispy Shallots

KID FRIENDLY



Grab your Meal Kit with this symbol









Spring Onion







Teriyaki Sauce

Mayonnaise





Pork Mince



Mini Flour Tortillas



Crispy Shallots



Pantry items

Olive Oil, White Wine Vinegar, Soy Sauce, Brown Sugar

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
celery	1 stalk	2 stalks
spring onion	1 stem	2 stems
white wine vinegar*	drizzle	drizzle
slaw mix	1 small packet	1 large packet
mayonnaise	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
teriyaki sauce	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
pork mince	1 medium packet	2 medium packets OR 1 large packet
ginger & lemongrass paste	1 medium packet	1 large packet
mini flour tortillas	6	12
crispy shallots	1 medium packet	1 large packet
beef strips**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3282kJ (784Cal)	662kJ (158Cal)
Protein (g)	34.4g	6.9g
Fat, total (g)	41.9g	8.5g
- saturated (g)	12.8g	2.6g
Carbohydrate (g)	66.8g	13.5g
- sugars (g)	19g	3.8g
Sodium (mg)	1737mg	350mg
Dietary Fibre (g)	10.9g	2.2g
Custom Recipe		

Per Serving Per 100g Avg Qty Energy (kJ) 3174kJ (759Cal) Protein (g) 38.8g 7.8g Fat, total (g) 7.5g 11.1g 2.2g - saturated (g) 66.8g Carbohydrate (g) 13.5g - sugars (g) 19g 3.8g

1714mg

10.9g

The quantities provided above are averages only.

Allergens

Sodium (mg)

Dietary fibre

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



346mg

2.2g



Get prepped

- Grate carrot. Thinly slice celery and spring onion.
- In a medium bowl, combine a drizzle of white wine vinegar and olive oil.
 Add slaw mix and celery. Set aside.
- In a small bowl, combine mayonnaise, half the soy sauce and a splash of water. Set aside.
- In a second small bowl, combine teriyaki sauce, the brown sugar, remaining soy sauce and a splash of water.

Little cooks: Take charge by combining the sauces!



Heat the tortillas

- While the pork is cooking, microwave mini flour tortillas on a plate in 10 second bursts until warmed through.
- Season slaw and toss to combine.

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



Cook the veggies & pork

- Heat a large frying pan over medium-high heat. Cook carrot until starting to soften, 2-3 minutes.
- Add pork mince and cook, breaking up with a spoon, until just browned,
 3-4 minutes.
- Add ginger & lemongrass paste and cook until fragrant, 1 minute.
- Add teriyaki sauce mixture, then stir to combine and simmer until slightly reduced, 1 minute.

Custom Recipe: If you've swapped to beef strips, before cooking the carrot, heat frying pan over high heat with a drizzle of olive oil. When oil is hot, cook beef strips in batches until browned and cooked through, 1-2 minutes. Transfer to a plate. Cook the carrot as above, then return beef to pan.



Serve up

- Top tortillas with teriyaki pork and celery slaw.
- · Spoon over soy mayo.
- Garnish with crispy shallots and spring onion. Enjoy!

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