



Teriyaki Pork & Slaw Tacos

with Crispy Shallots & Garlic Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Pear



Coriander



Teriyaki Sauce



Pork Mince



Garlic Paste



Shredded Cabbage Mix



Mini Flour Tortillas



Garlic Aioli



Crispy Shallots



Pork Mince

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

Sweet and savoury pork is the star of this crowd-pleasing meal. Easy and satisfying, the tacos come together in a snap, with lots of veggies for everyone to build their own and join in the fun!

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), 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
pear	1	2
coriander	1 packet	1 packet
pork mince	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 small packet	1 medium packet
vinegar* (white wine or rice wine)	½ tbs	1 tbs
brown sugar*	1 tbs	2 tbs
teriyaki sauce	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3382kJ (808Cal)	685kJ (164Cal)
Protein (g)	34.6g	7g
Fat, total (g)	39.6g	8g
- saturated (g)	12g	2.4g
Carbohydrate (g)	74.6g	15.1g
- sugars (g)	28g	5.7g
Sodium (mg)	1377mg	279mg
Dietary Fibre (g)	11.5g	2.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4287kJ (1025Cal)	693kJ (166Cal)
Protein (g)	59g	9.5g
Fat, total (g)	52.9g	8.5g
- saturated (g)	17g	2.7g
Carbohydrate (g)	74.6g	12.1g
- sugars (g)	28g	4.5g
Sodium (mg)	1449mg	234mg
Dietary fibre	11.5g	1.9g

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

2024 | CW19



1



Get prepped

- Grate **carrot**. Thinly slice **pear** into sticks. Finely chop **coriander**.

3



Make the slaw

- Meanwhile, combine **shredded cabbage mix**, **carrot**, **pear**, **coriander** and a drizzle of **vinegar** and **olive oil** in a large bowl.
- Heat **mini flour tortillas** on a plate in the microwave in **10 second** bursts, until warmed through.

Little cooks: Kids can help with combining the slaw!

2



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork mince**, breaking up with a spoon, until browned, **4-5 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**.
- Add the **vinegar**, **brown sugar** and **teriyaki sauce**, then cook, stirring, until the sauce is slightly reduced, **1 minute**.
- Remove pan from heat. Season with **pepper**.

Custom Recipe: If you've doubled your pork mince, cook in batches for best results. Return all pork mince to pan before adding garlic paste.

4



Serve up

- Top each tortilla with slaw and teriyaki pork.
- Dollop with **garlic aioli** and sprinkle over **crispy shallots** to serve. Enjoy!

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

Rate your recipe

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