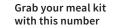


# **Tex-Mex Pulled Pork & Rice Bowl**

with Slaw & Herby Mayo

NEW











Spring Onion

Sweetcorn





Tex-Mex Spice Blend

Pulled Pork





Worcestershire Sauce

Slaw Mix



Dill & Parsley Mayonnaise





Prep in: 5-15 mins Ready in: 15-25 mins



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
olive oil*	refer to method	refer to method
jasmine rice	1 medium packet	1 large packet
courgette	1	2
spring onion	1 stem	2 stems
sweetcorn	1 medium tin	1 large tin
Tex-Mex spice blend	1 medium sachet	1 large sachet
pulled pork	1 medium packet	2 medium packets OR 1 large packet
butter*	20g	40g
Worcestershire sauce	1 medium packet	1 large packet
slaw mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2628kJ (628Cal)	565kJ (135Cal)
Protein (g)	21.2g	4.6g
Fat, total (g)	44.3g	9.5g
- saturated (g)	14.5g	3.1g
Carbohydrate (g)	41.2g	8.9g
- sugars (g)	12.1g	2.6g
Sodium (mg)	1560mg	335mg
Dietary Fibre (g)	4.3g	0.9g

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.



#### Cook the rice

- · Boil the kettle.
- Half-fill a medium saucepan with boiling water. Add jasmine rice and a pinch of salt and cook, uncovered, over high heat until tender, 12-14 minutes.
- Drain and set aside.



## Get prepped & cook the veggies

- Meanwhile, slice courgette into half-moons. Thinly slice spring onion.
  Drain sweetcorn.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook courgette and corn, until tender, 4-5 minutes.
- Add Tex-Mex spice blend and cook until fragrant, 1 minute.



## Cook the pulled pork

- Stir in pulled pork, the butter, Worcestershire sauce and a splash of water, simmering, until slightly thickened, 1-2 minutes. Season with salt and pepper.
- While pork is cooking, in a large bowl, combine slaw mix, a drizzle of white wine vinegar and olive oil. Season.



## Serve up

- · Divide rice between bowls.
- Top with Tex-Mex pulled pork and slaw.
- Drizzle over dill & parsley mayonnaise. Sprinkle over spring onion to serve. Enjoy!



if necessary.

