



# Tex-Mex Pulled Pork & Rice Bowl

with Slaw & Herby Mayo

NEW

Grab your meal kit with this number

36



Jasmine Rice



Courgette



Spring Onion



Sweetcorn



Tex-Mex Spice Blend



Pulled Pork



Worcestershire Sauce



Slaw Mix



Dill & Parsley Mayonnaise



Pulled Pork



Pork Mince

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

Calorie Smart

Discover classic Tex-Mex flavours with this aromatic rice bowl, piled with saucy pulled pork, tender veggies and zingy slaw. Top it off with a some herby mayo and you've got a dinnertime hit!

### Pantry items

Olive Oil, Butter, White Wine Vinegar



## 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
<b>olive oil*</b>	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
<b>butter*</b>	20g	40g
Worcestershire sauce	1 medium packet	1 large packet
slaw mix	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

\*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](https://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.



## 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.



## 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**.



## 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



### CUSTOM OPTIONS

#### + DOUBLE PULLED PORK

Follow method above, cooking in batches if necessary.

#### ↻ SWAP TO PORK MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

