



Seared Mexican Pork Loin Tacos

with Creamy Slaw, Smashed Avo & Coriander

FEEL-GOOD TAKEAWAY

NEW

Grab your meal kit with this number

30



Avocado



Radish



Pork Loin Steaks



Mexican Fiesta Spice Blend



Mini Flour Tortillas



Shredded Red Cabbage



Mayonnaise



Coriander



Pork Loin Steak



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Protein Rich

A juicy, flavourful pork steak is one of our favourite taco fillings, especially paired with a variety of bright accompaniments. A creamy radish slaw and mellow smashed avo fulfill those requirements perfectly in this crowd-pleasing dish. Throw it all in a warm tortilla and you're good to go!

Pantry items

Olive Oil, Honey, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
avocado	1 small	1 large
radish	1	2
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
mini flour tortillas	6	12
shredded red cabbage	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3064kJ (732cal)	353kJ (84cal)
Protein (g)	46g	5.3g
Fat, total (g)	38.9g	4.5g
- saturated (g)	8.9g	1g
Carbohydrate (g)	43.3g	5g
- sugars (g)	8.7g	1g
Sodium (mg)	1274mg	146.9mg
Dietary Fibre (g)	12.6g	1.5g

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.

1



Get prepped

- Slice **avocado** in half and scoop out flesh. Thinly slice **radish**.
- In a medium bowl, mash **avocado** with a drizzle of **olive oil** until smooth. Season to taste.
- **SPICY!** *This spice blend is hot, use less if you're sensitive to heat!* In a second medium bowl, combine **pork loin steaks**, **Mexican Fiesta spice blend** and a drizzle of **olive oil**.

3



Toss the slaw

- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- In a large bowl, combine **shredded red cabbage**, **radish**, **mayonnaise**, and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

2



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, add **pork loin steaks** and cook until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, add the **honey** and turn to coat.
- Transfer to a plate, cover and rest for **5 minutes**.

4



Serve up

- Thinly slice pork.
- Top each tortilla with smashed avo, creamy slaw and seared Mexican pork.
- Tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



CUSTOM OPTIONS



DOUBLE PORK LOIN STEAK

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

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

