



# Teriyaki Pork & Slaw Tacos

with Mayo & Coriander

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

43



Carrot



Celery



Spring Onion



Slaw Mix



Teriyaki Sauce



Pork Mince



Ginger & Lemongrass Paste



Mini Flour Tortillas



Mayonnaise



Coriander



Beef Mince



Pork Mince

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

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

### Pantry items

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

## 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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
spring onion	1 stem	2 stems
<b>white wine vinegar*</b>	drizzle	drizzle
slaw mix	1 medium packet	1 large packet
teriyaki sauce	1 medium packet	1 large packet
<b>brown sugar*</b>	1 tbs	2 tbs
<b>soy sauce*</b>	1 tbs	2 tbs
<b>sesame oil*</b>	4 tsp	2½ tbs
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
mayonnaise	1 medium packet	1 large packet
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3592kJ (859cal)	354kJ (85cal)
Protein (g)	34.4g	3.4g
Fat, total (g)	48.9g	4.8g
- saturated (g)	13.7g	1.4g
Carbohydrate (g)	69.8g	6.9g
- sugars (g)	22g	2.2g
Sodium (mg)	1738mg	171.4mg
Dietary Fibre (g)	10.5g	1g

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.



## 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 **teriyaki sauce**, the **brown sugar**, **soy sauce**, **sesame oil** 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**.



## Serve up

- Top tortillas with teriyaki pork and slaw.
- Drizzle over **mayonnaise**.
- Tear over **coriander leaves** and sprinkle with spring onion. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



### CUSTOM OPTIONS



**SWAP TO BEEF MINCE**  
Follow method above.



**DOUBLE PORK MINCE**  
Follow method above.

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

