



# Sichuan-Glazed Pork Tacos

with Crunchy Pear & Avo Salad

KID FRIENDLY

Grab your meal kit with this number

1



Carrot



Pear



Cos Lettuce



Avocado



Pork Loin Steaks



Mayonnaise



Sichuan Garlic Paste



Mini Flour Tortillas



Crushed Peanuts



Chicken Breast



Pork Loin Steak

Prep in: 10-20 mins  
Ready in: 15-25 mins

If you like bold flavours and Asian cuisines, you'll love food inspired by the Sichuan province in China! We've dialled down the chilli but kept the tasty garlic and umami flavours for an easy-to-eat taco that will appeal to everyone.

### Pantry items

Olive Oil, Soy Sauce

## 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
pear	1	2
cos lettuce	½ head	1 head
avocado	1 (small)	1 (large)
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
mayonnaise	1 medium packet	1 large packet
Sichuan garlic paste	1 packet	2 packets
<b>soy sauce*</b>	1½ tbs	3 tbs
mini flour tortillas	6	12
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3451kJ (825cal)	317kJ (76cal)
Protein (g)	49.9g	4.6g
Fat, total (g)	37.2g	3.4g
- saturated (g)	8.8g	0.8g
Carbohydrate (g)	68.4g	6.3g
- sugars (g)	25.1g	2.3g
Sodium (mg)	1880mg	172.8mg
Dietary Fibre (g)	12.2g	1.1g

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 **pear**. Shred **cos lettuce (see ingredients)**. Slice **avocado** in half, scoop out flesh and roughly chop.
- Cut **pork loin steaks** into 1cm strips.

**Little cooks:** Help wash and tear the cos lettuce!



## Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **pork strips**, tossing, until browned, **1-2 minutes**.
- Remove pan from heat, then add the **soy sauce**, remaining **Sichuan garlic paste** and a splash of **water**. Turn **pork** to coat. Set aside.
- Meanwhile, microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

**Little cooks:** Help warm the tortillas with oven gloves and under adult supervision. Be careful, the plate can get hot!



## Make the mayo

- In a small bowl, combine **mayonnaise** and half the **Sichuan garlic paste**. Set aside.



## Serve up

- Spread each tortilla with some Sichuan garlic mayo, then top with some cos lettuce, carrot, avocado, pear and Sichuan-glazed pork strips.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Follow method above, cooking until cooked through, 4-6 minutes.



#### DOUBLE PORK LOIN STEAK

Follow method above, cooking in batches if necessary.

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

