



Caribbean Pork & Celery Slaw Tacos

with Charred Corn & Mayonnaise

KID FRIENDLY

Grab your meal kit with this number

12



Sweetcorn



Celery



Pork Loin Steaks



Mild Caribbean Jerk Seasoning



Shredded Cabbage Mix



Mayonnaise



Mini Flour Tortillas



Parsley



Pork Loin Steak



Beef Strips

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



Protein Rich



Calorie Smart

Can't it be taco night every night? How can you improve on Caribbean-style honey-tossed pork loin, charred corn salsa and crunchy slaw wrapped up in a warm tortilla. We dare you to name a better meal!

Pantry items

Olive Oil, White Wine Vinegar, Honey

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 |
| sweetcorn | ½ large tin | 1 large tin |
| celery | 1 stalk | 2 stalks |
| pork loin steaks | 1 medium packet | 2 medium packets OR 1 large packet |
| Mild Caribbean jerk seasoning | 1 medium sachet | 1 large sachet |
| shredded cabbage mix | 1 medium packet | 1 large packet |
| mayonnaise | 1 medium packet | 1 large packet |
| white wine vinegar* | 1 tsp | 2 tsp |
| honey* | 1 tsp | 2 tsp |
| mini flour tortillas | 6 | 12 |
| parsley | 1 packet | 1 packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2355kJ (563cal) | 252kJ (60cal) |
| Protein (g) | 43.3g | 4.6g |
| Fat, total (g) | 19.4g | 2.1g |
| - saturated (g) | 5.4g | 0.6g |
| Carbohydrate (g) | 46.5g | 5g |
| - sugars (g) | 13.7g | 1.5g |
| Sodium (mg) | 1382mg | 147.8mg |
| Dietary Fibre (g) | 7.7g | 0.8g |

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

- Drain **sweetcorn** (see ingredients). Thinly slice **celery**.
- Cut **pork loin steaks** into 1cm strips.
- In a medium bowl, combine **pork strips**, **mild Caribbean jerk seasoning** and a drizzle of **olive oil**.

Little cooks: Take charge by combining the ingredients!

3



Cook the pork

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **pork strips** in batches, tossing, until golden, **2-3 minutes**. Add the **honey** and toss to coat.
- Meanwhile, microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.

TIP: Cooking the meat in batches over a high heat helps it stay tender.

2



Make the celery salsa

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a bowl.
- In a second medium bowl, combine **shredded cabbage mix**, **celery**, **mayonnaise** and a drizzle of **white wine vinegar**. Season to taste.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

4



Serve up

- Top tortillas with celery slaw, Caribbean jerk pork strips and charred corn.
- Tear over **parsley** 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 | CW36

CUSTOM OPTIONS

+ DOUBLE PORK LOIN STEAK

Follow method above, cooking in batches if necessary.

↻ SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

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

