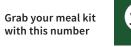


with Charred Corn & Mayonnaise

KID FRIENDLY













Sweetcorn







Jerk Seasoning



Shredded Cabbage



Mayonnaise

Parsley



Mini Flour



Tortillas







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

Calorie Smart



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.



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!



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.



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.



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!



