



# Caribbean Pork & Celery Slaw Tacos

with Charred Corn & Mayonnaise

KID FRIENDLY

Grab your meal kit with this number

1



Sweetcorn



Celery



Pork Loin Steaks



Mild Caribbean Jerk Seasoning



Mini Flour Tortillas



Shredded Cabbage Mix



Mayonnaise



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
<b>olive oil*</b>	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
<b>honey*</b>	1 tsp	2 tsp
mini flour tortillas	6	12
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
<b>white wine vinegar*</b>	1 tsp	2 tsp
parsley	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2354kJ (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	148mg
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](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

- 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!



## 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.



## Char the corn

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a bowl.

**TIP:** Cover the pan with a lid if the corn kernels are “popping” out.



## Serve up

- Add **shredded cabbage mix**, celery, **mayonnaise** and a drizzle of **white wine vinegar** to the bowl with the charred corn. Season to taste and toss to combine.
- Top tortillas with celery slaw and Caribbean pork strips. 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 | CW40



### 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.

