

# Quick BBQ Pulled Pork & Slaw Tacos

with Cheddar Cheese & Mayo

KID FRIENDLY

Grab your meal kit with this number

27



Capsicum



Garlic



Avocado



Shredded Cabbage Mix



Baby Leaves



All-American Spice Blend



Pulled Pork



BBQ Sauce



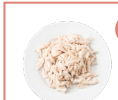
Mini Flour Tortillas



Mayonnaise



Shredded Cheddar Cheese



Pulled Chicken



Peeled Prawns

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

It's a good day when you're having tacos for dinner. Let's pack these tortillas with as much All-American spiced pulled pork as possible, tossed with baby leaves and a colourful slaw on top. Don't forget the Cheddar cheese!

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## 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
capsicum	1	2
garlic	2 cloves	4 cloves
avocado	1 (small)	1 (large)
shredded cabbage mix	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
All-American spice blend	1 medium sachet	1 large sachet
pulled pork	1 medium packet	2 medium packets OR 1 large packet
BBQ sauce	1 medium packet	1 large packet
mini flour tortillas	6	12
mayonnaise	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3337kJ (798cal)	407kJ (97cal)
Protein (g)	31.4g	3.8g
Fat, total (g)	50.2g	6.1g
- saturated (g)	18g	2.2g
Carbohydrate (g)	52.9g	6.5g
- sugars (g)	14.7g	1.8g
Sodium (mg)	2341mg	285.8mg
Dietary Fibre (g)	10.5g	1.3g

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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



## Get prepped

- Thinly slice **capsicum**.
- Finely chop **garlic**.
- Slice **avocado** in half, scoop out flesh and thinly slice.



## Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **All-American spice blend** and **garlic** until fragrant, **1 minute**.
- Add **capsicum** and **pulled pork** and cook, breaking up with a spoon, until browned, **2-3 minutes**.
- Add **BBQ sauce** and splash of **water** and simmer until slightly thickened, **1-2 minutes**.
- Meanwhile, microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.



## Make the slaw

- In a medium bowl, combine **shredded cabbage mix**, **baby leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.

**Little cooks:** Take the lead by combining the ingredients for the slaw!



## Serve up

- Spread **mayonnaise** over each tortilla, then top with avocado and BBQ pulled pork.
- Sprinkle with **shredded Cheddar cheese** to serve. Enjoy!

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

### CUSTOM OPTIONS



#### SWAP TO PULLED CHICKEN

Follow method above.



#### SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

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

