

Quick BBQ Pulled Pork & Slaw Tacos

with Cheddar Cheese & Plant-Based 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



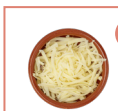
Mini Flour Tortillas



Plant-Based Mayo



Shredded Cheddar Cheese



Shredded Cheddar Cheese



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

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
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
vinegar* (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	2 medium packets
mini flour tortillas	6	12
plant-based mayo	1 medium packet	2 medium packets
shredded Cheddar cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3357kJ (802cal)	408kJ (97cal)
Protein (g)	31.4g	3.8g
Fat, total (g)	50.7g	6.2g
- saturated (g)	18g	2.2g
Carbohydrate (g)	53g	6.4g
- sugars (g)	14.8g	1.8g
Sodium (mg)	2350mg	285.7mg
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 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 | CW45



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 **plant-based mayo** 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

+ **DOUBLE CHEDDAR CHEESE**
Follow method above.

↻ **SWAP TO PEELED PRAWNS**
Cook with capsicum, 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.

