



Fuss-Free Mexican Pork Carnitas

with Garlic Rice & Avocado Salsa

SLOW-COOKER FRIENDLY

Grab your meal kit with this number

32



Onion



Garlic



Pork Scotch Fillet



Mexican Fiesta Spice Blend



Passata



Chicken-Style Stock Powder



Jasmine Rice



Avocado



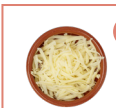
Fresh Chilli (Optional)



Sweetcorn



Coriander



Cheddar Cheese



Sour Cream

Prep in: 15-25 mins
Ready in: 4 hrs 15 mins

This slow-cooker meal is a labour of love, but it's well worth it; the juicy pork has been cooked down in a Mexican tomato-based sauce until fall-apart tender. No need to pick up a knife for this one - grab a fork and a spoon, and let this taste sensation embrace you.

Pantry items

Olive Oil, Plain Flour, Brown Sugar, Butter, White Wine 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 · Slow cooker or ovenproof saucepan with a lid (or foil) · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
garlic	2 cloves	4 cloves
pork scotch fillet	1 medium packet	2 medium packets OR 1 large packet
plain flour*	2 tbs	¼ cup
Mexican Fiesta spice blend 🌶️	1 medium sachet	2 medium sachets
passata	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	¾ cup	1½ cups
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
avocado	1 (small)	1 (large)
fresh chilli 🌶️ (optional)	½	1
sweetcorn	1 medium tin	2 medium tins
white wine vinegar*	drizzle	drizzle
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3131kJ (748Cal)	578kJ (138Cal)
Protein (g)	41.5g	7.7g
Fat, total (g)	26.7g	4.9g
- saturated (g)	6.3g	1.2g
Carbohydrate (g)	82.5g	15.2g
- sugars (g)	9.2g	1.7g
Sodium (mg)	1366mg	252mg
Dietary Fibre (g)	11.6g	2.1g

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://www.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 | CW50



1



Start the carnitas

- Roughly chop **onion** (see ingredients). Finely chop **garlic**. In a medium bowl, combine **pork scotch fillet**, a pinch of **salt** and the **plain flour**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Shake off excess **flour** then add **pork** and cook, until browned on both sides, **3-4 minutes**.
- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. Add **Mexican Fiesta spice blend** and half the **garlic** and cook until fragrant, **1 minute**.
- Transfer **pork, onion, passata, chicken-style stock powder**, the **brown sugar** and **water (for the sauce)** to slow cooker and set cooking temperature to high.
- Place lid on slow cooker and cook until pork is tender, **4-5 hours**.

TIP: If you don't have a slow cooker, preheat oven to 200°C/180°C fan-forced. Transfer mixture to an ovenproof saucepan, cover with lid (or tightly with foil) and bake until pork is tender, 90 minutes.

3



Make the salsa

- Meanwhile, slice **avocado** in half, scoop out flesh and roughly chop. Thinly slice **fresh chilli** (if using). Drain **sweetcorn**.
- Wipe out frying pan, then return to high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. In a second medium bowl, combine **corn, avocado, chilli** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

CUSTOM OPTIONS

+ **ADD CHEDDAR CHEESE**
Sprinkle over before serving.

+ **ADD SOUR CREAM**
Dollop over before serving.

2



Make the garlic rice

- When the pork has **20 minutes** remaining, heat a medium saucepan over medium heat with the **butter** and a dash of **olive oil**. Cook remaining **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!

4



Serve up

- Pull pork apart using 2 forks. Season to taste.
- Divide garlic rice and slow cooker Mexican pork carnitas between bowls.
- Top with avocado salsa. Tear over **coriander** to serve. Enjoy!

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

