

# **Mexican Seared Pork Tacos & Avo Smash**

with Creamy Radish Slaw & Coriander

FEEL-GOOD TAKEAWAY



30





Avocado

Radish





Pork Loin Steaks







Mini Flour Tortillas

Shredded Cabbage Mix



**Pantry items** 

Olive Oil, Honey, White Wine Vinegar

Mayonnaise

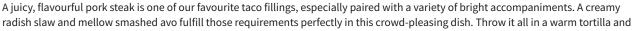




Prep in: 20-30 mins Ready in: 25-35 mins

**Protein Rich** 

you're good to go!



# 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

<u> </u>		
	2 People	4 People
olive oil*	refer to method	refer to method
avocado	1 (small)	1 (large)
radish	1	2
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
Mexican Fiesta spice blend 🥖	1 medium sachet	1 large sachet
honey*	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
white wine vinegar*	drizzle	drizzle
coriander	1 packet	1 packet
* Pantry Items		

\*Pantry Items

# Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3063kJ (717cal)	717kJ (168cal)
Protein (g)	46g	10.8g
Fat, total (g)	38.9g	9.1g
- saturated (g)	8.9g	2.1g
Carbohydrate (g)	43.3g	10.1g
- sugars (g)	8.7g	2g
Sodium (mg)	1274mg	298.4mg
Dietary Fibre (g)	12.5g	2.9g

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

- Slice **avocado** in half and scoop out flesh.
- Thinly slice radish.
- In a medium bowl, mash **avocado** with a drizzle of **olive oil** until smooth. Season to taste.
- SPICY! This spice blend is hot, use less if you're sensitive to heat! In a second medium bowl, combine pork loin steaks, Mexican Fiesta spice blend and a drizzle of olive oil.



# Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, add **pork loin steaks** and cook until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, add the **honey** and turn to coat.
- Transfer to a plate, cover and rest for **5 minutes**.



### Toss the slaw

- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- In a large bowl, combine **shredded cabbage mix**, **radish**, **mayonnaise**, and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

#### Serve up

- Thinly slice pork.
- Top each tortilla with smashed avo, creamy slaw and seared Mexican pork.
- Tear over coriander to serve. Enjoy!

#### We're here to help! Scan here if you have any questions or concerns 2024 | CW51



DOUBLE PORK LOIN STEAK Follow method above, cooking in batches if necessary. ADD CHEDDAR CHEESE Sprinkle over before serving.

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

