



BBQ Pulled Pork, Avocado & Slaw Tacos

with Cheddar Cheese & Mayo

Grab your Meal Kit with this symbol



Carrot



Garlic



Baby Spinach Leaves



Avocado



All-American Spice Blend



BBQ Sauce



Mini Flour Tortillas



Mayonnaise



Shredded Cabbage Mix



Pulled Pork



Shredded Cheddar Cheese

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 spinach and a colourful slaw on top. Don't forget the Cheddar cheese and avocado!

Pantry items

Olive Oil, Red Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
garlic	2 cloves	4 cloves
baby spinach leaves	1 small bag	1 medium bag
avocado	1	2
shredded cabbage mix	1 bag (150g)	1 bag (300g)
red wine vinegar*	drizzle	drizzle
All-American spice blend	1 sachet	1 sachet
pulled pork	1 packet	1 packet
BBQ sauce	1 packet (40g)	1 packet (80g)
mini flour tortillas	6	12
mayonnaise	1 medium packet	1 large packet
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3814kJ (912Cal)	746kJ (178Cal)
Protein (g)	32.9g	6.4g
Fat, total (g)	60.2g	11.8g
- saturated (g)	21.4g	4.2g
Carbohydrate (g)	57.2g	11.2g
- sugars (g)	16.9g	3.3g
Sodium (mg)	2373mg	464mg

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



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Get prepped

- Grate the **carrot**. Finely chop **garlic**. Roughly chop **baby spinach leaves**.
- Slice **avocado** in half, scoop out flesh and roughly chop.



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 **carrot** 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 spinach** and a drizzle of **red wine 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 slaw, avocado and All-American pulled pork.
- Sprinkle with **shredded Cheddar cheese** to serve. Enjoy!

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

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