



One-Pan Beef & Pork Tacos

with Cheddar, Creamy Slaw & Tomato Salsa

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweetcorn



Tomato



Spring Onion



Beef & Pork Mince



Tex-Mex Spice Blend



Slaw Mix



Garlic Aioli



Mini Flour Tortillas



Shredded Cheddar Cheese



Parsley



Plant-Based Mince

Prep in: 15-25 mins
Ready in: 20-30 mins

It's double or nothing with these tacos. There's both beef and pork mince, two delicious flavours of Tex-Mex and Cheddar cheese working together and double the fun with veggies like sweetcorn and slaw. More is sometimes the way to go!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food

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
sweetcorn	1 tin	1 tin
tomato	1	2
spring onion	1 stem	2 stems
white wine vinegar*	drizzle	drizzle
beef & pork mince	1 packet	1 packet
Tex-Mex spice blend	1 sachet	1 sachet
slaw mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 large packet	2 large packets
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
parsley	1 bag	1 bag
plant-based mince**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4080kJ (975Cal)	837kJ (200Cal)
Protein (g)	42.3g	8.7g
Fat, total (g)	68.4g	14g
- saturated (g)	19.1g	3.9g
Carbohydrate (g)	52.4g	10.7g
- sugars (g)	12.2g	2.5g
Sodium (mg)	1721mg	353mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3921kJ (937Cal)	848kJ (203Cal)
Protein (g)	35.6g	7.7g
Fat, total (g)	62.9g	13.6g
- saturated (g)	12.9g	2.8g
Carbohydrate (g)	59.2g	12.8g
- sugars (g)	13.4g	2.9g
Sodium (mg)	2409mg	521mg

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

2022 | CW10



1



Make the salsa

- Drain the **sweetcorn**. Roughly chop **tomato**. Thinly slice **spring onion**.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly charred, **5-6 minutes**.
- Transfer **corn** to a medium bowl. Add **tomato**, **spring onion** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste and set aside.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

3



Prep the slaw

- Meanwhile, combine **slaw mix** and **garlic aioli** in a second medium bowl. Season to taste.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

2



Cook the mince

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **beef & pork mince** and **Tex-Mex spice blend**, breaking up with a spoon, until just browned, **4-5 minutes**.

Custom Recipe: If you've swapped from beef & pork mince to plant-based mince, follow cooking instructions as above.

4



Serve up

- Top each tortilla with creamy slaw, Tex-Mex beef and pork, tomato salsa and **shredded Cheddar cheese**.
- Tear over **parsley** to serve. Enjoy!

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

Rate your recipe

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