

Teriyaki Pork & Slaw Tacos with Pickled Cucumber & Mayonnaise

KID FRIENDLY



Grab your Meal Kit with this symbol











Carrot

Teriyaki Sauce







Cucumber

Pork Mince







Shredded Cabbage

Tortillas





Crispy Shallots

Mayonnaise





Pantry items

Olive Oil, White Wine Vinegar, Brown Sugar, Rice 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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
onion	1/2	1
garlic	2 cloves	4 cloves
carrot	1	2
teriyaki sauce	1 medium packet	1 large packet
white wine vinegar*	2 tsp	4 tsp
brown sugar*	1 tbs	2 tbs
cucumber	1 (medium)	1 (large)
rice wine vinegar*	1/4 cup	½ cup
pork mince	1 medium packet	2 medium packets OR 1 large packet
shredded cabbage mix	1 medium packet	1 large packet
mini flour tortillas	6	12
crispy shallots	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3397kJ (812Cal)	535kJ (128Cal)
Protein (g)	36.3g	5.7g
Fat, total (g)	39g	6.1g
- saturated (g)	12.6g	2g
Carbohydrate (g)	76.5g	12g
- sugars (g)	28g	4.4g
Sodium (mg)	1176mg	185mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3306kJ (790Cal)	501kJ (120Cal)
Protein (g)	43.9g	6.6g
Fat, total (g)	33.2g	5g
- saturated (g)	11.6g	1.8g
Carbohydrate (g)	76.5g	11.6g
- sugars (g)	28g	4.2g
Sodium (mg)	1177mg	178mg

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



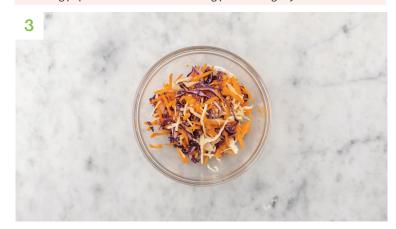


Get prepped

- Finely chop onion (see ingredients) and garlic. Grate carrot.
- In a small bowl, combine teriyaki sauce, the white wine vinegar and brown sugar. Season with pepper. Set aside.
- Thinly slice cucumber into rounds.
- · In a medium bowl, combine rice wine vinegar and a good pinch of sugar and salt. Add cucumber to pickling liquid with just enough water to cover cucumber. Set aside.

TIP: Slicing the cucumber very thinly helps it pickle faster! **Little cooks:** Kids can help with pickling the cucumber.

Custom Recipe: If you've upgraded to beef rump, place between two sheets of baking paper. Pound beef with a rolling pin until slightly flattened.



Make the slaw

- · Meanwhile, combine shredded cabbage mix, carrot, a splash of pickling **liquid** and a drizzle of **olive oil** in a large bowl.
- Microwave mini flour tortillas on a plate in 10 second bursts, until warmed through.



Cook the pork

- Heat a large frying pan over high heat with a drizzle of olive oil. Cook onion until softened, 2-3 minutes.
- Add **pork mince** and cook, breaking up with a spoon, until browned, 4-5 minutes.
- Add garlic and cook until fragrant, 1 minute.
- Add teriyaki sauce mixture and cook, stirring, until the sauce is slightly reduced, 1 minute. Remove from heat.

Custom Recipe: Before cooking onion, heat pan as above. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest. Heat frying pan as above. Continue with recipe, pouring sauce and onions over beef.



Serve up

- Drain pickled cucumber. Top tortillas with slaw, pork and pickled cucumber.
- Sprinkle with crispy shallots and drizzle with mayonnaise to serve. Enjoy!

Custom Recipe: Slice beef and top tortillas as above.

