



# Teriyaki Pork & Slaw Tacos

with Pickled Cucumber & Mayonnaise

KID FRIENDLY



Grab your Meal Kit with this symbol



Onion



Garlic



Carrot



Teriyaki Sauce



Cucumber



Pork Mince



Shredded Cabbage Mix



Mini Flour Tortillas



Crispy Shallots



Mayonnaise



Beef Rump

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

Sweet and savoury pork is the star of this crowd-pleasing meal. Easy and satisfying, the tacos come together in a snap, with lots of veggies for everyone to build their own and join in the fun!

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

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
onion	½	1
garlic	2 cloves	4 cloves
carrot	1	2
teriyaki sauce	1 medium packet	1 large packet
<b>white wine vinegar*</b>	2 tsp	4 tsp
<b>brown sugar*</b>	1 tbs	2 tbs
cucumber	1 (medium)	1 (large)
<b>rice wine vinegar*</b>	¼ 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](https://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 | CW10



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## 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.

3



## 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.

2



## 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.

4



## 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.

## Rate your recipe

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