



Louisiana Crumbed Pork Tacos

with Charred Corn Slaw & Mayonnaise

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweetcorn



Panko Breadcrumbs



Louisiana Spice Blend



Pork Schnitzels



Shredded Cabbage Mix



Mayonnaise



Mini Flour Tortillas



Parsley



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early*
*Custom Recipe only

Get ready to embark on a flavour fiesta with this new spin on taco night! Pork schnitzels are crumbed in our Louisiana spice blend and nestled with soft tortillas. Add a charred corn slaw into the mix and you've got a sure-fire hit!

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

Pantry items

Olive Oil, Plain Flour, Egg, 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	½ large tin	1 large tin
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
Louisiana spice blend	1 sachet	2 sachets
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 large packet	2 large packets
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
parsley	½ packet	1 packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4051kJ (968Cal)	834kJ (199Cal)
Protein (g)	48g	9.9g
Fat, total (g)	50.1g	10.3g
- saturated (g)	13.4g	2.8g
Carbohydrate (g)	75.2g	15.5g
- sugars (g)	9.8g	2g
Sodium (mg)	1852mg	381mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3772kJ (902Cal)	746kJ (178Cal)
Protein (g)	54g	10.7g
Fat, total (g)	40g	7.9g
- saturated (g)	9.5g	1.9g
Carbohydrate (g)	76.1g	15g
- sugars (g)	9.9g	2g
Sodium (mg)	1900mg	376mg

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



1



Get prepped

- Drain **sweetcorn** (see ingredients).

2



Char the corn

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

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

3



Crumb the pork

- In a shallow bowl, combine the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **Louisiana spice blend**. Separate **pork schnitzels** (if stuck together) to get two per person.
- Coat **pork** first in **flour mixture**, followed by the **egg** and finally the **breadcrumbs**. Transfer to a plate.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Crumb as above.

4



Cook the pork

- Return frying pan to medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, cook **pork schnitzels** in batches until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Ensure the oil is hot before cooking the pork schnitzels for best results.

Custom Recipe: Heat the frying pan as above. Cook crumbed chicken in batches until golden and cooked through (when no longer pink inside), 3-5 minutes each side. Transfer to a paper towel-lined plate.

5



Toss the slaw

- Meanwhile, add **shredded cabbage mix**, **mayonnaise** and a drizzle of **white wine vinegar** to the bowl with the **charred corn**. Season to taste and toss to combine.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.

6



Serve up

- Slice pork schnitzels into strips.
- Bring everything to the table to serve. Top tortillas with charred corn slaw and crumbed pork strips. Tear over **parsley** (see ingredients). Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate