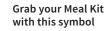


# Louisiana Crumbed Pork Tacos

with Charred Corn Slaw & Mayonnaise

NEW

KID FRIENDLY









Sweetcorn

Panko Breadcrumbs





Louisiana Spice Blend

Pork Schnitzels







Mini Flour



Tortillas



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!



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

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	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	½ large tin	1 large tin
plain flour*	2 tbs	1/4 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)	<b>3772kJ</b> (902Cal)	<b>746kJ</b> (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

**2024** | CW11





# Get prepped

• Drain sweetcorn (see ingredients).



#### 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.



# 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.



# 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.



## 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.



## 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?
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