



Dinner - Thai Spiced Pork Tacos with Tangy Rainbow Slaw
Lunch - Sweet Chilli Pork Bowl with Basmati Rice

Grab your Meal Kit with this symbol



Red Onion



Coriander



Garlic



Ginger



Cucumber



Lime



Slaw Mix



Black Sesame Seeds



Pork Mince



Thai Seven Spice Blend



Sweet Chilli Sauce



Mini Flour Tortillas



Coconut Sweet Chilli Mayonnaise

FOR YOUR LUNCH



Sweetcorn



Carrot



Crispy Shallots



Microwavable Basmati Rice

DINNER
 Hands-on: 20-30 mins
 Ready in: 35-45 mins

LUNCH
 Ready in: 10 mins

Cook once, with a twist for lunch. Cook an amazing dinner as usual then put a new twist on the recipe to create something different for lunch the next day! Enjoy pork tacos with rainbow slaw, pickled onion and cucumber for dinner, then follow it up with a super-tasty pork and rice bowl for lunch. Extra delicious!

Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

| | 2 People | 4 People |
|---------------------------------|------------------|------------------|
| olive oil* | refer to method | refer to method |
| red onion | ½ | 1 |
| rice wine vinegar* | ¼ cup | ½ cup |
| water* | ¼ cup | ½ cup |
| coriander | 1 bunch | 1 bunch |
| garlic | 3 cloves | 6 cloves |
| ginger | 1 knob | 2 knobs |
| cucumber | 1 (medium) | 1 (large) |
| lime | ½ | 1 |
| slaw mix | 1 packet | 1 packet |
| black sesame seeds | 1 sachet | 2 sachets |
| pork mince | 1 packet | 2 packets |
| Thai seven spice blend | 1 sachet | 1½ sachets |
| soy sauce* | 2 tsp | 4 tsp |
| sweet chilli sauce | 3 packets (150g) | 4 packets (250g) |
| mini flour tortillas | 6 | 12 |
| coconut sweet chilli mayonnaise | 1 packet (50g) | 1 packet (100g) |
| sweetcorn | ½ tin | 1 tin |
| carrot | ½ | 1 |
| crispy shallots | 1 packet | 1 packet |
| microwavable basmati rice | 1 packet | 1 packet |

*Pantry Items

Nutrition

| DINNER | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 3330kJ (796Cal) | 610kJ (146Cal) |
| Protein (g) | 40.6g | 7.4g |
| Fat, total (g) | 34.9g | 6.4g |
| - saturated (g) | 6.3g | 1.2g |
| Carbohydrate (g) | 75.5g | 13.8g |
| - sugars (g) | 30.2g | 5.5g |
| Sodium (g) | 1440mg | 263mg |

LUNCH

| | | |
|------------------|-----------------|----------------|
| Energy (kJ) | 2390kJ (571Cal) | 532kJ (127Cal) |
| Protein (g) | 37.1g | 8.3g |
| Fat, total (g) | 18.3g | 4.1g |
| - saturated (g) | 6.7g | 1.5g |
| Carbohydrate (g) | 60.9g | 13.6g |
| - sugars (g) | 17.6g | 3.9g |
| Sodium (g) | 877mg | 195mg |

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.

Please call us with any questions or concerns | (09) 886 9589
hello@hellofresh.co.nz

2020 | CW28



DINNER



1. Get prepped

Thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar**, **water** and a **good pinch** of **sugar** and **salt**. Scrunch the **red onion** in your hands, add to the pickling liquid and stir to coat. Set aside until serving. Roughly chop the **coriander**. Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. Thinly slice the **cucumber** into batons (or half-moons if you prefer). Slice the **lime** (see ingredients list) into wedges.



4. Flavour the pork

Add the **garlic** and **ginger** to the frying pan with the **pork** and cook, tossing, until fragrant, **1 minute**. Add the **Thai seven spice blend** (see ingredients list) and **soy sauce** and stir through. Cook until well combined, **1-2 minutes**. Reserve the **25g packets** of **sweet chilli sauce** for lunch, then add the **remaining sweet chilli sauce** to the **pork**. Stir to combine. Set aside two portions of the **pork** for your lunch.



2. Make the slaw

In a medium bowl, add the **coriander**, **slaw mix** and **black sesame seeds**. Add a **good squeeze** of **lime juice** and season with **salt** and **pepper**. Toss to coat and set aside.



5. Serve up dinner

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, until warmed through. Drain the **pickled onion** and bring everything to the table to serve. Build your tacos by spreading a layer of the **coconut sweet chilli mayonnaise** over a **tortilla**. Top with the **slaw**, **cucumber**, **Thai spiced pork** and **pickled onion**.



3. Brown the pork

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the **pork mince** and cook, breaking up with a spoon, until just browned, **4-5 minutes**.



6. Make lunch

When you're ready to pack lunch, drain the **sweetcorn** (see ingredients list). Grate the **carrot** (see ingredients list), unpeeled. Place the **sweetcorn**, **carrot**, **crispy shallots**, **microwavable basmati rice** and reserved **Thai spiced pork** in a large bowl. Toss to combine and divide between two microwave-safe containers. Divide the **lime** wedges and the **reserved sweet chilli sauce** between containers. Refrigerate. At lunch time, remove the **lime** and **sweet chilli sauce**. Microwave the **Thai spiced pork bowl** until heated to your liking, **2-3 minutes**. Stir through the **sweet chilli sauce** and add a **squeeze** of **lime juice** to taste.

Enjoy!