

# Quick Southern Pulled Pork & Rice Bowl with Slaw & Herby Mayo

ADAPT FOR KIDS

NEW



Grab your Meal Kit with this symbol









**Spring Onion** 



Sweetcorn





Pulled Pork

Spice Blend



Slaw Mix



Sweet & Savoury Glaze



Dill & Parsley Mayonnaise



Prep in: 5-15 mins Ready in: 15-25 mins

In this easy 4-stepper, you'll create a delicious meal for the adults in the house, with the umami kick of our sweet and savoury glaze coating the pulled pork and veggies to perfection and then plate up a mini-me version (without some of the richness), for your mini-me. **Pantry items** 

Olive Oil, Butter, 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

Medium saucepan · Large frying pan

#### Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
basmati rice	1 medium paclet	1 large packet	
capsicum	1	2	
spring onion	1 stem	2 stems	
sweetcorn	1 medium tin	1 large tin	
Tex-Mex spice blend	1 medium sachet	1 large sachet	
pulled pork	1 medium packet	2 medium packets OR 1 large packet	
butter*	20g	40g	
slaw mix	1 small packet	1 large packet	
white wine vinegar*	drizzle	drizzle	
sweet & savoury glaze	1 medium packet	1 large packet	
dill & parsley mayonnaise	1 medium packet	1 large packet	
pulled pork**	1 medium packet	2 medium packets OR 1 large packet	

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3442kJ (823Cal)	710kJ (170Cal)
Protein (g)	34.1g	7g
Fat, total (g)	39.1g	8.1g
- saturated (g)	10.3g	2.1g
Carbohydrate (g)	80.5g	16.6g
- sugars (g)	16.2g	3.3g
Sodium (mg)	761mg	157mg
Dietary Fibre (g)	13g	2.7g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>4140kJ</b> (989Cal)	679kJ (162Cal)
Protein (g)	59.2g	9.7g
Fat, total (g)	46.6g	7.6g
- saturated (g)	13g	2.1g
Carbohydrate (g)	80.6g	13.2g
- sugars (g)	16.3g	2.7g
Sodium (mg)	828mg	136mg
Dietary Fibre	14.2g	2.3g

The quantities provided above are averages only.

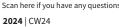
#### Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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





#### Cook the rice

- · Boil the kettle.
- Half-fill a medium saucepan with boiling water. Add basmati rice and a pinch of salt and cook, uncovered, over high heat until tender, 12 minutes.
- · Drain and set aside.



## Cook the pulled pork

- Stir in **pulled pork**, the **butter** and a splash of **water**, simmering, until slightly thickened, 1-2 minutes. Season to taste.
- While pork is cooking, in a large bowl, combine slaw mix and a drizzle of white wine vinegar and olive oil. Season.

Custom Recipe: If you've doubled your pulled pork, cook pork as above.



# Get prepped & cook the veggies

- Meanwhile, thinly slice capsicum and spring onion.
- Drain sweetcorn.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook corn and capsicum (capsicum can have a strong flavour – add less if desired), stirring, until tender, 4-5 minutes.
- Add Tex-Mex spice blend and cook until fragrant, 1 minute.



## Serve up

- Stir sweet & savoury glaze through the adults' pulled pork portion until well combined.
- Divide rice between bowls. Top with Southern pulled pork and slaw.
- Drizzle over dill & parsley mayonnaise and garnish with spring onion to serve. Enjoy!

**ADAPT FOR KIDS:** Keep some pork mild! Before adding the sweet & savoury glaze, plate up the kid's pulled pork portion in a serving bowl, with some rice and slaw. Drizzle over some dill & parsley mayonnaise!