



Quick Southern Pulled Pork & Rice Bowl

with Slaw & Herby Mayo

ADAPT FOR KIDS

NEW



Grab your Meal Kit with this symbol



Basmati Rice



Capsicum



Spring Onion



Sweetcorn



Tex-Mex Spice Blend



Pulled Pork



Slaw Mix



Sweet & Savoury Glaze



Dill & Parsley Mayonnaise



Pulled Pork

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.

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

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

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	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

*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)	4140kJ (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 (g)	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!

Rate your recipe

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