



PORK TACOS

with White Cabbage & Apple Slaw



Make a healthy – yet
delicious – slaw



White Cabbage



Apple



Coriander



Greek Yoghurt



Dijon Mustard



Pork Strips



Sweet Mustard Spice Blend



Mini Flour Tortillas

Pantry Staples



White Wine Vinegar



Olive Oil

Hands-on: 20 mins
Ready in: 25 mins

Pork and apple is a tried and tested classic combination, but when combined in soft tacos, it becomes truly fantastic.

BEFORE YOU START

You will need: **chef's knife**, **chopping board**, **box grater**, two **medium bowls**, **spoon**, **tongs** and **medium frying pan**. Let's start cooking the **Pork Tacos with White Cabbage & Apple Slaw**



1 GET PREPPED

Finely slice the **white cabbage**. Grate the **apple** (keep the skin on!). Pick the **coriander** leaves.



2 MAKE THE SLAW

Combine the **Greek yoghurt**, **Dijon mustard** and **white wine vinegar** in a medium bowl and season with **salt** and **pepper**. Add the **white cabbage**, **apple** and **1/2 the coriander** and toss to coat in dressing. Set aside.

Traditional coleslaw is made with mayonnaise, but we've swapped it out for some Greek yoghurt as a lighter, healthier yet equally delicious alternative!



3 MARINATE THE PORK

In a second medium bowl, combine the **pork strips**, **sweet mustard spice blend** and **1/2 the olive oil** and toss to coat.



4 COOK THE PORK

Heat the **remaining olive oil** in a medium frying pan over a medium-high heat. Cook the **pork strips** for **2-3 minutes**, or until cooked through. Season to taste with **salt** and **pepper**. Set aside.



5 HEAT THE TORTILLAS

Meanwhile, heat the **mini tortillas** in a sandwich press or the microwave for a **few seconds** until warm.



6 SERVE UP

Top the **mini tortillas** with the white cabbage & apple slaw, **pork strips** and the **remaining coriander**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
white cabbage	1 portion	2 portions
apple	1	2
coriander	1/2 bunch	1 bunch
Greek yoghurt	1 tub (100g)	2 tubs (200g)
Dijon mustard	1/2 tub (2 tsp)	1 tub (4 tsp)
white wine vinegar*	1 tsp	2 tsp
pork strips	1 packet	2 packets
sweet mustard spice blend	1 sachet (2 tsp)	2 sachets (4 tsp)
olive oil*	1 tbs	2 tbs
mini flour tortillas	6	12

*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2700kJ (646Cal)	506kJ (121Cal)
Protein (g)	48.1g	9.0g
Fat, total (g)	20.4g	3.8g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	61.1g	11.4g
- sugars (g)	19.1g	3.6g
Sodium (g)	711mg	133mg

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