

Dinner - Thai-Spiced Pork Tacos with Slaw

Lunch - Sweet Chilli Pork Bowl

Grab your Meal Kit with this symbol



Red Onion



Carrot



Coriander



Garlic



Ginger Paste



Cucumber



Lime



Shredded Cabbage Mix



Black Sesame Seeds



Pork Mince



Thai Seven Spice Blend



Sweet Chilli Sauce



Mini Flour Tortillas



Coconut Sweet Chilli Mayonnaise

For your lunch



Sweetcorn



Snow Peas



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 spin on the recipe to create something different for lunch the next day. Enjoy pork tacos with a 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 |
| carrot | 1 | 2 |
| coriander | 1 bag | 1 bag |
| garlic | 3 cloves | 5 cloves |
| ginger paste | 1 medium packet | 1 large packet |
| cucumber | 1 | 2 |
| lime | 2 | 2 |
| shredded cabbage mix | 1 bag (150g) | 1 bag (300g) |
| black sesame seeds | 1 sachet | 2 sachets |
| pork mince | 1 large packet | 1 large & 1 medium packet |
| Thai seven spice blend | 1 sachet | 1½ sachets |
| soy sauce* | 2 tsp | 1 tbs |
| sweet chilli sauce | 2 small & 2 medium tubs (150g) | 2 small & 3 medium tubs (200g) |
| mini flour tortillas | 6 | 12 |
| coconut sweet chilli mayonnaise | 1 packet (50g) | 1 packet (100g) |
| sweetcorn | 1 tin (125g) | 1 tin (125g) |
| snow peas | 1 bag (100g) | 1 bag (100g) |
| microwavable basmati rice | 1 packet | 1 packet |

*Pantry Items

Nutrition

Dinner

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3340kJ (797Cal) | 575kJ (137Cal) |
| Protein (g) | 39.9g | 6.9g |
| Fat, total (g) | 34.2g | 5.9g |
| - saturated (g) | 6.0g | 1.0g |
| Carbohydrate (g) | 75.4g | 13.0g |
| - sugars (g) | 32.8g | 5.7g |
| Sodium (g) | 1390mg | 239mg |

Lunch

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2260kJ (540Cal) | 545kJ (130Cal) |
| Protein (g) | 35.4g | 8.6g |
| Fat, total (g) | 17.1g | 4.1g |
| - saturated (g) | 6.3g | 1.5g |
| Carbohydrate (g) | 58.3g | 14.1g |
| - sugars (g) | 15.7g | 3.8g |
| Sodium (mg) | 769mg | 185mg |

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Get prepped

Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of sugar and **salt**. Scrunch the **red onion** in your hands, add to the pickling liquid and add enough water to cover the **onion**. Stir to coat and set aside until serving. Grate the **carrot**. Roughly chop the **coriander**. Finely chop the **garlic**. Cut the **cucumber** into thin sticks.



Add flavour to the pork

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



Make the slaw

Cut the **lime** into wedges. In a medium bowl, combine the **carrot**, **coriander**, **shredded cabbage mix** and **black sesame seeds**. Add a good squeeze of **lime juice** (reserve one **lime** for lunch!) and season with **salt** and **pepper**. Toss to coat and set aside.



Serve dinner

Microwave the **mini flour wraps** on a plate for **10 second** bursts, until warmed through. Drain the pickled **onion** and take everything to the table. Build your tacos by spreading a layer of the **coconut sweet chilli mayonnaise** over the base of a **tortilla**. Top with the **slaw**, **cucumber**, **Thai-spiced pork mince** and pickled **onion**.



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 wooden spoon, until just browned, **4-5 minutes**.



Make lunch

When you're ready to pack lunch, drain the **sweetcorn**. Trim the **snow peas** and thinly slice lengthways. Slice the reserved **lime** in half. In a medium bowl, combine the **sweetcorn**, **snow peas**, **microwavable basmati rice** and reserved **Thai-spiced pork**. Divide between two microwave-safe containers. Divide the **lime** 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 piping hot, **2-3 minutes**. Stir through the **sweet chilli sauce** and add **lime juice** to taste.

Enjoy!