



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

Grab your Meal Kit with this symbol



Red Onion



Carrot



Coriander



Garlic



Ginger



Cucumber



Lemon



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



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 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, Sugar, 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
carrot	1	2
coriander	1 bag	1 bag
garlic	3 cloves	5 cloves
ginger	1 knob	2 knobs
cucumber	1	2
lemon	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 small packet
Thai seven spice blend	1 sachet	1½ sachets
soy sauce*	2 tsp	1 tbs
sweet chilli sauce	2 small packets & 2 large packets	2 small packets & 3 large packets
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)
crispy shallots	1 packet	1 packet
microwaveable basmati rice	1 packet	1 packet

*Pantry Items

Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	3340kJ (797Cal)	575kJ (137Cal)
Protein (g)	39.5g	6.8g
Fat, total (g)	34.4g	5.9g
- saturated (g)	6.1g	1.0g
Carbohydrate (g)	77.1g	13.3g
- sugars (g)	31.7g	5.5g
Sodium (g)	1410mg	243mg
LUNCH		
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 (g)	769mg	185mg

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.

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2020 | CW42

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, then add to the pickling liquid and stir to coat. Set aside until serving. Grate the **carrot** (unpeeled). Roughly chop the **coriander**. Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. Thinly slice the **cucumber** into batons. Slice one **lemon** in half (reserve the remaining lemon for lunch).



4. Flavour the pork

Add the **garlic** and **ginger** to the **pork** and cook, tossing, until fragrant, **1 minute**. Add the **Thai seven spice blend** (see ingredients list) and **soy sauce**, then stir through. Cook until well combined, **1-2 minutes**. Reserve the 25g packets 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.



2. Make the slaw

In a medium bowl, combine the **carrot**, **coriander**, **shredded cabbage mix** and **black sesame seeds**. Add a **good squeeze** of **lemon juice** and season to taste. 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 take everything to the table to serve. Build your tacos by spreading a layer of the **coconut sweet chilli mayonnaise** over each **tortilla**. Top with the **slaw**, **cucumber**, **Thai spiced pork mince** and **pickled onion**.



3. Cook 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**.



LUNCH

6. Make lunch

When you're ready to pack lunch, drain the **sweetcorn**. Trim the **snow peas** and thinly slice lengthways. Slice the **reserved lemon** into wedges. In a medium bowl, combine the **sweetcorn**, **snow peas**, **crispy shallots** and **microwaveable basmati rice**. Divide between two microwave-safe containers. Divide the **lemon** and the **reserved sweet chilli sauce** between containers. Top with the **reserved Thai-spiced pork**. Refrigerate. At lunch time, remove the **lemon** and **sweet chilli sauce**. Microwave the **Thai spiced pork** bowl until piping hot, **2-3 minutes**. Stir through the **sweet chilli sauce** and add **lemon juice** to taste.

Enjoy!