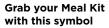


# **Dinner -** Thai-Spiced Pork Tacos with Tangy Rainbow Slaw Lunch - Sweet Chilli Pork Bowl











**Red Onion** 



Coriander



Cucumber

Ginger





Lemon

Shredded Cabbage Mix





**Black Sesame Seeds** Pork Mince





**Thai Seven Spice** 

**Sweet Chilli** 

Blend





Mini Flour Tortillas

Coconut Sweet Chilli Mayonnaise

### FOR YOUR LUNCH





Sweetcorn

Snow Peas





**Crispy Shallots** 

Microwaveable **Basmati Rice** 

### Pantry items

Olive Oil, Rice Wine Vinegar, Sugar, Soy Sauce

LUNCH

Ready in: 10 mins

DINNER

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!

### 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

to method p	refer to method  1 ½ cup ½ cup
	½ cup
	•
p	½ cup
	: /2 Cup
	2
5	1 bag
ves	5 cloves
b	2 knobs
	2
	2
(150g)	1 bag (300g)
het	2 sachets
ge packet	1 large & 1 small packet
het	1½ sachets
	1 tbs
	2 small packets 8 3 large packets
	12
ket (50g)	1 packet (100g)
(125g)	1 tin (125g)
(100g)	1 bag (100g)
	1 packet
	1 packet
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# **Nutrition**

Hatrition		
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)	<b>545kJ</b> (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-todate 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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# 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).



## 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.



# 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**.



# 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.



# 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.



# 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 microwavable 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!**