



Easy Gochujang Pulled Pork Tacos

with Oven-Ready Roasted Veg and Feta

3 Step Prep Prep Time: 5 Minutes • Cook Time: 30–35 Minutes • Mild Spice • 1 of your 5 a day

38



Slow Cooked Pork



Mixed Peppers and Red Onion



Gochujang Paste



Honey



Plain Taco Tortillas



Mayonnaise



Feta Cheese



Crispy Onions

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Ovenproof dish, aluminium foil and baking tray.

Ingredients

Ingredients	2P	3P	4P
Slow Cooked Pork**	425g	640g	850g
Mixed Peppers and Red Onion**	1 pack	2 packs	2 packs
Gochujang Paste 11)	50g	80g	100g
Honey	15g	22g	30g
Plain Taco Tortillas 13)	6	9	12
Mayonnaise 8) 9)	64g	96g	128g
Feta Cheese** 7)	100g	150g	200g
Crispy Onions 13)	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	584g	100g
Energy (kJ/kcal)	4897/1170	839/201
Fat (g)	57.3	9.8
Sat. Fat (g)	23.5	4.0
Carbohydrate (g)	83.9	14.4
Sugars (g)	26.0	4.5
Protein (g)	78.9	13.5
Salt (g)	4.96	0.85

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **9)** Mustard **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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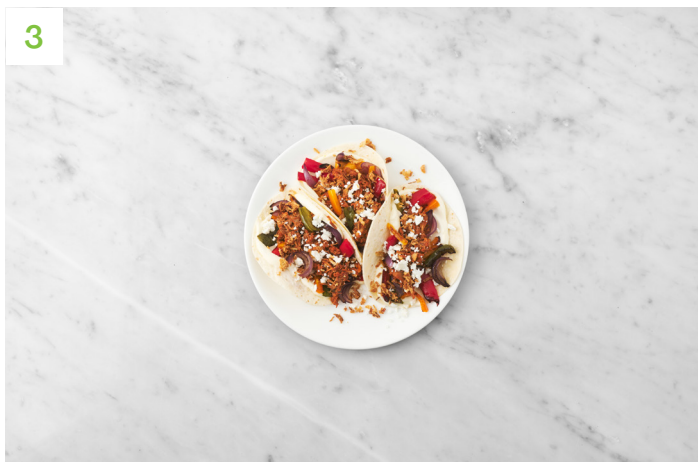
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2



3



Get Roasting

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Remove the **pork** from the packaging. Place in an ovenproof dish along with the **juices** and cover loosely with foil.
- Roast on the middle shelf, 25-30 mins.

Flavour Town

- Meanwhile, pop the **mixed veg** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.
- Roast on the top shelf, 20-25 mins.
- When ready, remove the **pork** from the oven, reserve **1 tbsp** of **juices** per person, then discard the foil and any remaining juices. Use two forks to shred the **pork**.
IMPORTANT: Ensure the pork is piping hot throughout.
- Stir in the **gochujang**, **honey** and the **reserved juices**. Season with **salt** and **pepper**.
TIP: Pop hardened honey into hot water for 1 min.

Dinner's Ready!

- Warm the **tortillas** in the oven, 1-2 mins. Share between your plates.
- Spread the **mayo** over each **tortilla**. Top with the **roasted veg** and **gochujang pork**.
- Crumble over the **feta**. Sprinkle over the **crispy onions** to finish.

Enjoy!