



Hoisin Pork Wraps

with Cucumber and Sweet Potato Fries

N° 11

FAMILY Hands-on Time: 20 Minutes • Total Time: 20 Minutes • Little Heat • 1.5 of your 5 a day



Sweet Potato Fries



Spring Onion



Cucumber



Garlic Clove



Salted Peanuts



Pork Mince



Easy Ginger



Hoisin Sauce



Soy Sauce



Small Soft Shell Tacos

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Two Baking Trays, Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

	2P	3P	4P
Sweet Potato Fries**	1 small pack	1 large pack	2 small packs
Spring Onion**	1	2	2
Cucumber**	½	¾	1
Garlic Clove**	1	2	2
Salted Peanuts 1)	1 pot	1 pot	1 pot
Pork Mince**	240g	360g	480g
Easy Ginger**	1 sachet	1½ sachets	2 sachets
Hoisin Sauce 3) 11) 13)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Small Soft Shell Tacos 13)	6	9	12

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	509g	100g
Energy (kJ/kcal)	3224 / 771	634 / 152
Fat (g)	24	5
Sat. Fat (g)	7	2
Carbohydrate (g)	99	20
Sugars (g)	18	4
Protein (g)	40	8
Salt (g)	5.71	1.12

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 3) Sesame 11) Soya 13) Gluten

Wash your hands before and after handling ingredients.
Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Roast the Sweet Potatoes

Preheat your oven to 210°C and pop your **sweet potato fries** on a roasting tray, drizzle with **oil** and season with **salt** and **pepper**. Roast on the top shelf of your oven for 18 mins, turning halfway,



4. Warm the Tacos

About 2 mins before the **potatoes** are done, pop the **taco wraps** onto a baking tray and bake until warmed through, 2 mins.



2. Get Prepped

Trim the **spring onions** then slice thinly. Trim the **cucumber** then halve lengthways. Chop into roughly 1cm wide 5cm long batons. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **peanuts**.



5. Get Ready to Serve!

Warm the **pork** through if needed. Remove the **sweet potato fries** from the oven once they are done.



3. Start Cooking

Heat a drizzle of **oil** in a large pan on high heat. Once hot, add the **pork mince** and cook until browned, 4-5 mins. Break it up with a wooden spoon as it cooks. Add the **garlic** and **easy ginger**, cook for 1 min, stirring, then add the **hoisin** and **soy sauce** and cook for a further 2-3 mins, until sticky and reduced. **IMPORTANT:** The pork mince is cooked when it is no longer pink in the middle.



6. Serve!

Divide the **pork mixture** between the **tacos** and top with the **cucumber**, **spring onion** and **peanuts**. Serve with the **sweet potato fries**.

Enjoy!