

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1 Red Onion



1 | 2 Lime

體

1 | 2 Cannellini Beans



¼ oz | ½ oz Cilantro



8 oz | 16 oz Pulled Pork



½ Cup | 1 Cup BBQ Sauce



2 | 4 Whole Wheat Pitas Contains: Sesame, Wheat

BBQ PORK & BEAN PITA POCKETS

with Quick-Pickled Onion & Cilantro



TOTAL TIME: 15 MIN CA

CALORIES: 710



BUST OUT

- Strainer
- · Large pan
- · Small bowl
- Paper towels
- Plastic wrap
- · Kosher salt

IN A PICKLE

Microwaving the onion helps the salt dissolve, which speeds up the pickling process.

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BBQ PORK & BEAN PITA POCKETS

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INSTRUCTIONS

- · Wash and dry produce.
- Halve, peel, and thinly slice half the onion (whole onion for 4 servings).
 Halve lime. Drain beans. Roughly chop cilantro.
- In a small microwave-safe bowl, combine sliced onion, juice from whole lime (both limes for 4 servings), and a pinch of salt. Cover with plastic wrap and microwave for 30 seconds; stir to combine. Set aside to pickle.
- Heat a large pan over medium-high heat. Add pulled pork*; cook, breaking up pork into pieces, until warmed through, 2-3 minutes. Add BBQ sauce and beans; cook, stirring occasionally, until pork and beans are coated, 1-2 minutes.
- Meanwhile, wrap pitas in damp paper towels and microwave until warm and pliable, 15-30 seconds; halve crosswise.
- Fill each pita pocket with pork and beans, cilantro, and as much pickled onion as you like (draining first). Divide between plates and serve.

*Pulled Pork is fully cooked when internal temperature reaches 160°.