



# BBQ Pulled Beef Bun

with Paprika Chips and Pickled Slaw

Classic 30-35 Minutes

8



Potatoes



Smoked Paprika



Slow Cooked Beef



Red Wine Vinegar



Coleslaw Mix



BBQ Sauce



Burger Buns

**Pantry Items**  
Oil, Salt, Pepper, Sugar, Olive Oil, Mayonnaise

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Baking tray, saucepan, lid and bowl.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Slow Cooked Beef**	280g	420g	560g
Red Wine Vinegar <b>14)</b>	12ml	18ml	24ml
Coleslaw Mix**	120g	180g	240g
BBQ Sauce	64g	96g	144g
Burger Buns <b>13)</b>	2	3	4

Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	547g	100g
	3331 /796	609 /146
Fat (g)	26.0	4.7
Sat. Fat (g)	5.7	1.0
Carbohydrate (g)	96.6	17.7
Sugars (g)	16.5	3.0
Protein (g)	43.9	8.0
Salt (g)	1.80	0.33

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

## Allergens

**13)** Cereals containing gluten **14)** Sulphites

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, mollusc, 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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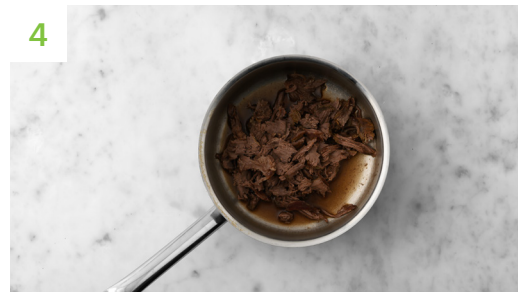
## Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle with the **smoked paprika**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



## Shred and Stir

Once the **beef** is tender, remove the lid and shred the **meat**. Stir in the **BBQ sauce**.

Season with **salt** and **pepper**, then remove from the heat. Cover to keep warm.



## Simmer the Beef

When the **chips** are halfway through baking, heat a large saucepan with a tight-fitting lid on medium-high heat. Add the **beef** along with the **juices** from the packet.

Simmer on low with the lid on until tender enough to shred with a fork, 10-15 mins. **IMPORTANT:** Ensure the beef is piping hot throughout.



## Bring on the Buns

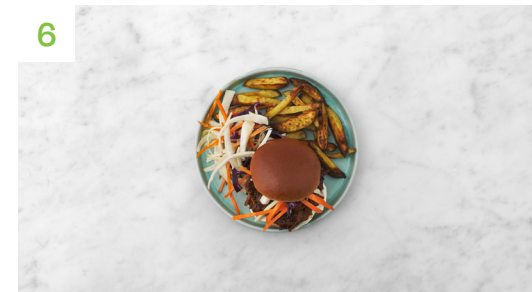
Halve the **burger buns** and pop them into the oven to warm through, 2-3 mins.



## Slaw Time

While the **beef** simmers, in a medium bowl, combine the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Add the **slaw mix** and toss to evenly coat. Set aside to pickle.



## Stack up and Serve

When everything's ready, spread the **mayo** (see pantry for amount) over the **bun lids**.

Top the **bun bases** with the **pulled beef** and some of the **slaw**, then sandwich shut with the **bun lids**.

Serve with the **paprika chips** and any remaining **slaw** on the side.

Enjoy!