



# Teriyaki Pulled Beef Bao

with Black Sesame Wedges and Soy Greens

**Bao Night** 40-45 Minutes • 1 of your 5 a day

33



Potatoes



Black Sesame Seeds



Slow Cooked Beef



Pak Choi



Spring Onion



Garlic Clove



Sugar Snap Peas



Soy Sauce



Teriyaki Sauce



Bao Buns

**Pantry Items**

Oil, Salt, Pepper, 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, ovenproof dish, aluminium foil and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Black Sesame Seeds <b>3</b>	5g	5g	10g
Slow Cooked Beef**	280g	420g	560g
Pak Choi**	1	1	2
Spring Onion**	1	2	2
Garlic Clove**	1	2	2
Sugar Snap Peas**	80g	150g	150g
Soy Sauce <b>11</b> <b>13</b>	15ml	25ml	30ml
Teriyaki Sauce <b>11</b>	75g	150g	150g
Bao Buns** <b>11</b> <b>13</b>	1 pack	1½ packs	2 packs
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	592g	100g
Energy (kJ/kcal)	3049 / 729	515 / 123
Fat (g)	21.2	3.6
Sat. Fat (g)	4.9	0.8
Carbohydrate (g)	90.4	15.3
Sugars (g)	22.5	3.8
Protein (g)	46.2	7.8
Salt (g)	4.30	0.73

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

## Allergens

**3** Sesame **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, 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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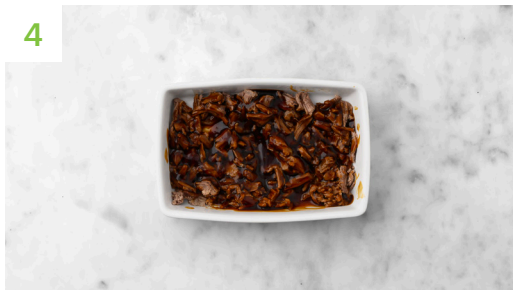
## Roast the Wedges

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

Chop the **potatoes** into 2cm wide wedges (no need to peel).

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

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Teriyaki Time

Once the **beef** is cooked, remove from the oven, reserve **1 tbsp of cooking juices** per person, then discard the foil and any remaining **cooking juices**.

Use two forks to shred the **beef** as finely as you can.

Stir in the **teriyaki sauce** and **reserved cooking juices**. Season with **salt** and **pepper**.



## Get Prepped

Meanwhile, remove the **beef** from the packaging. Place in an ovenproof dish along with the juices and cover loosely with foil.

Roast on the middle shelf of your oven for 25-30 mins.

**IMPORTANT: Ensure the beef is piping hot throughout.**

Meanwhile, trim the **pak choi**, then separate the leaves. Cut any large leaves in half lengthways down the middle.

Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press).



## Bring on the Bao

Place the **bao buns** on a plate, sprinkle with a little **water** and microwave, 800W: 1 min 10 secs / 900W: 50 secs / 1000W: 40 secs.

If you don't have a microwave, place the **bao buns** onto a large sheet of foil. Sprinkle with a little **water**, then fold the foil, sealing on all sides to create a parcel. Bake on the middle shelf until warm and fluffy, 3-4 mins.



## Stir-Fry your Greens

When the **wedges** have 10 mins remaining, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **pak choi** and **sugar snap peas**. Stir-fry until just soft, 4-5 mins.

Stir in the **garlic** and **soy sauce**. Cook until fragrant, 1 min, then remove from the heat and cover to keep warm.



## Assemble and Serve

Transfer the **warmed bao buns** to your plates and spread on the **mayonnaise** (see pantry for amount), then fill with the **teriyaki beef**. Sprinkle over the **spring onion**.

Serve with the **sesame wedges** and **soy greens** alongside.

Enjoy!