



Hoisin Pulled Beef Bao

with Pickled Onion, Slaw and Wedges

Bao Night 35-40 Minutes • 1 of your 5 a day

37



Potatoes



Slow Cooked Beef



Lime



Red Onion



Coleslaw Mix



Mayonnaise



Hoisin Sauce



Bao Buns

Pantry Items

Oil, Salt, Pepper, Sugar

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, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Slow Cooked Beef**	280g	420g	560g
Lime**	½	1	1
Red Onion	1	1	2
Coleslaw Mix**	120g	120g	240g
Mayonnaise 8) 9)	64g	96g	128g
Hoisin Sauce 11)	60g	90g	120g
Bao Buns** 11) 13)	1 pack	1½ packs	2 packs
Pantry	2P	3P	4P
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	624g	100g
Energy (kJ/kcal)	3018 / 721	484 / 116
Fat (g)	19.1	3.1
Sat. Fat (g)	4.8	0.8
Carbohydrate (g)	97.6	15.6
Sugars (g)	28.6	4.6
Protein (g)	43.4	7.0
Salt (g)	2.50	0.4

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

Allergens

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, 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**, 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.



Get Shredding

Once cooked, remove the **beef** 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 through the **hoisin sauce**, **lime zest** and reserved **cooking juices**.



Bring on the Beef

Remove the **slow cooked beef** from the packaging. Place in an ovenproof dish along with the **juices** and cover loosely with foil.

Roast on the middle shelf for 25-30 mins.

IMPORTANT: Ensure the beef is piping hot throughout.



Bao Time

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.



What a Pickle

Meanwhile, zest and halve the **lime**. Halve, peel and slice the **red onion** as thinly as you can.

Pop the **onion** into a small bowl. Add the **juice** from **half** the **lime** and the **sugar for the pickle** (see pantry for amount). Add a pinch of **salt**, mix together and set aside to **pickle**.

In a medium bowl, add the **coleslaw mix**, **three quarters** of the **mayo** and a squeeze of **lime juice**.

Season with **salt** and **pepper**, then toss to combine. Set your **slaw** aside.



Finish and Serve

When everything's ready, transfer the **bao buns** to your plates. Spread the remaining **mayo** inside the **buns**, then fill with the **hoisin beef** and some of the **pickled onion**.

Stir any remaining **pickled onion** through the **slaw**.

Serve your **bao** with the **slaw** and **wedges** on the side.

Enjoy!