



# Smoky BBQ Pulled Pork Buns

with Charred Corn Slaw and Handcut Chips

Street Food 35-40 Minutes • Medium Spice • 1 of your 5 a day

34



Potatoes



Central American Style Spice Mix



Slow Cooked British Pork



Red Onion



Red Wine Vinegar



Sweetcorn



Coleslaw Mix



Chipotle Paste



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. Ingredients in red are hot!

## Cooking tools

Baking tray, ovenproof dish, aluminium foil, bowl, sieve and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Slow Cooked British Pork**	425g	640g	850g
Red Onion	½	¾	1
Red Wine Vinegar <b>14)</b>	24ml	36ml	48ml
Sweetcorn	160g	240g	320g
Coleslaw Mix**	120g	180g	240g
Chipotle Paste	40g	60g	80g
BBQ Sauce	48g	72g	96g
Burger Buns <b>13)</b>	2	3	4
Pantry	2P	3P	4P
Sugar for Pickling*	1 tsp	1½ tsp	2 tsp
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Water*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>751g</b>	<b>100g</b>
Energy (kJ/kcal)	4915/1175	655/156
Fat (g)	48.5	6.5
Sat. Fat (g)	12.8	1.7
Carbohydrate (g)	106.1	14.1
Sugars (g)	23.5	3.1
Protein (g)	75.0	10.0
Salt (g)	2.95	0.39

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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## Chop your Chips

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. Sprinkle with **half** the **Central American style spice mix**. 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, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



## Char the Corn

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.

Stir through the remaining **Central American style spice mix** and fry for 1 min.

Transfer the **charred corn** to the bowl of **dressing**. Add the **coleslaw mix**, then toss to combine and set aside.



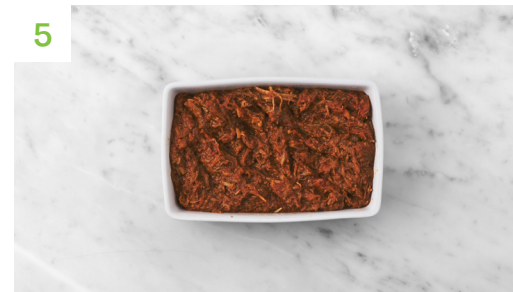
## Roast the Pork

Meanwhile, remove the **pork shoulder** from the packaging.

Place in an ovenproof dish along with the juices. Season with **salt** and **pepper** and cover loosely with foil.

Roast on the middle shelf for 25-30 mins.

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



## Pull and Stir

Once the **pork** is cooked, remove from the oven, then discard the foil and any **cooking juices**. Use two forks to gently break apart the **pork**.

Stir through the **chipotle paste**, **BBQ sauce** and **water** (see pantry for amount). Taste and season with **salt** and **pepper** if needed.

Return the **pork** to the oven to bake until sticky, 5 mins.

Meanwhile, halve the **burger buns**. Pop into the oven to warm through, 2-3 mins.



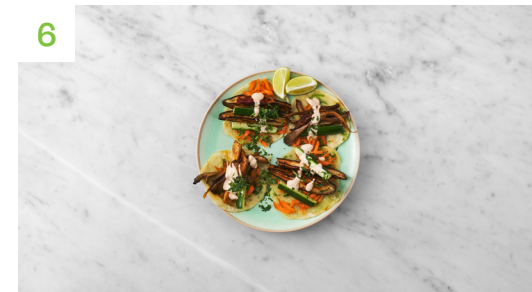
## Get in a Pickle

Meanwhile, halve, peel and slice the **red onion** (see ingredients for amount) as thinly as you can.

Pop it into a small bowl and add **half** the **red wine vinegar** and the **sugar for pickling** (see pantry for amount). Add a pinch of **salt**, mix together and set aside to pickle.

Pour the remaining **vinegar** into a medium bowl. Add the **sugar** and **olive oil for the dressing** (see pantry for both amounts) and season with **salt** and **pepper**. Mix to combine, then set aside.

Drain the **sweetcorn** in a sieve.



## Assemble and Serve

When everything's ready, spread the **mayo** (see pantry for amount) over the **bun lids**. Top the **bases** with the **shredded pork** and **half** the **pickled onion**, then sandwich shut with the **bun lids**.

Toss the remaining **pickled onion** through the **slaw**.

Serve the **buns** with the **chips** and **charred corn slaw** on the side.

## Enjoy!