



Teriyaki Pulled Pork Bao and Spiced Chips

with Sliced Cucumber, Spring Onion and Zingy Slaw

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

33



Potatoes



Chinese Five Spice



Slow Cooked British Pork



Spring Onion



Baby Cucumber



Rice Vinegar



Mayonnaise



Coleslaw Mix



Sriracha Sauce



Teriyaki Sauce



Bao Buns

Pantry Items

Oil, Salt, Pepper, Sugar, Honey

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 and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chinese Five Spice	1 sachet	1 sachet	2 sachets
Slow Cooked British Pork**	425g	640g	850g
Spring Onion**	1	2	2
Baby Cucumber**	1	1½	2
Rice Vinegar	15ml	22ml	30ml
Mayonnaise 8) 9)	64g	96g	128g
Coleslaw Mix**	120g	180g	240g
Sriracha Sauce	15g	22g	30g
Teriyaki Sauce 11)	100g	150g	200g
Bao Buns** 11) 13)	1 pack	1½ packs	2 packs
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	1 tsp	1 tsp
Honey*	½ tbsps	1 tbsps	1 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	730g	100g
Energy (kJ/kcal)	4383/1048	600/143
Fat (g)	39.0	5.3
Sat. Fat (g)	11.5	1.6
Carbohydrate (g)	104.8	14.3
Sugars (g)	36.1	4.9
Protein (g)	71.9	9.8
Salt (g)	4.39	0.6

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



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. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **Chinese Five Spice**. 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.



Teriyaki Time

Once the **pork** has cooked, remove from the oven and reserve **1 tbsps** of **cooking juices** per person, then discard the foil and any remaining cooking juices.

Use two forks to shred the **pork** as finely as you can. Stir through the **teriyaki sauce** and **reserved cooking juices**. Season with **salt** and **pepper**.



Roast the Pork

Remove the **pork shoulder** 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 pork is piping hot throughout.**

Meanwhile, trim and thinly slice the **spring onion**.

Trim and halve the **cucumber** lengthways, then slice it lengthways into thin strips. Stack a handful of the slices at a time and slice them thinly again into matchsticks. **TIP: This method of preparing veg is called a 'julienne' cut!**



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.



Make your Slaw

In a large bowl, combine the **rice vinegar**, **sugar for the dressing** (see pantry for amount) and **half the dressing** (see pantry for amount) and **half the mayo**. Season with **salt** and **pepper**, then toss the **coleslaw mix** through the **dressing**. Set aside.

In a small bowl, combine the **sriracha** (use less if you'd prefer things milder), **honey** (see pantry for amount) and the remaining **mayo**. Set aside for later.



Assemble and Serve

Transfer the **warmed bao buns** to your plates and fill with the **teriyaki pulled pork**.

Top with some of the **cucumber** and **spring onion**. Drizzle over your **sriracha mayo** to finish.

Toss any remaining **cucumber** and **spring onion** through your **slaw** and serve alongside the **baos** with your **Five Spice chips**.

Enjoy!